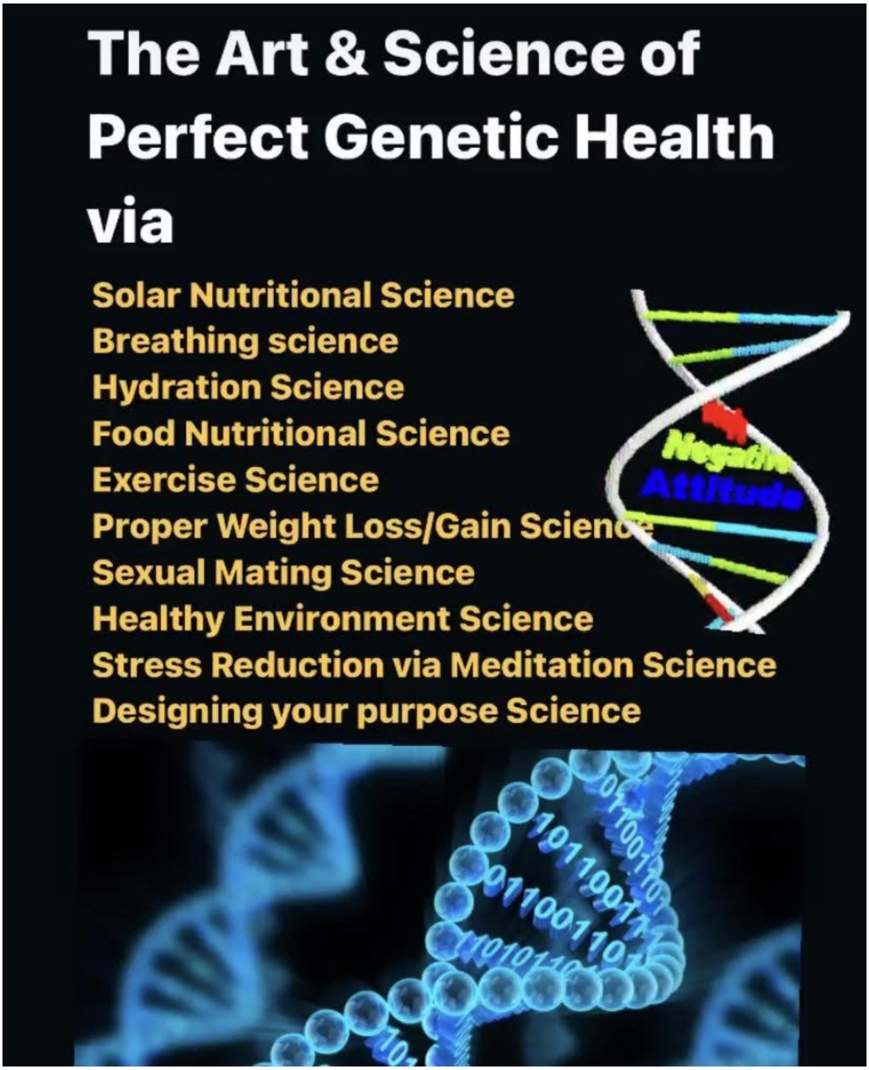

The Art & Science of Perfect Genetic Health via

- Solar Nutritional Science
- Breathing science
- Hydration Science
- Food Nutritional Science
- Exercise Science
- Proper Weight Loss/Gain Science
- Sexual Mating Science
- Healthy Environment Science
- Stress Reduction via Meditation Science
- Designing your purpose Science

Aboriginal Medical Association ©

The Art & Science of Perfect Genetic Health via

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INTRODUCTION

"Before the white man was made, the Black man was known to live approximately a thousand years. He ate the right food and ate it at the right time."[1]
"In the Bible Isaiah mentions the long life of the righteous in these words: "that a person one hundred (100) years old will be like a child"… meaning that their age will never cause them to look old. They will have the freshness of youth says the prophet, Isaiah. And the Holy Qur'an, also verifies the same. ***Allah (God) in the Person of Master Fard Muhammad, to Whom Praises are Due forever – out of his own mouth – Said to me that He Causes us to Grow into a New Growth. And that we would have the look and the energy of one who is sixteen (16) years of age and our youth and energy of a sixteen year-old would last forever***.[2]

I read this statement 26 years ago and was baffled. I thought to myself how would we live with the youth of 16 year olds perpetually. I now know exactly how it is done after over 2 decades of research experiments testing and gathering the findings. This book is the first of 3 to get this knowledge out to people who would have never had access if I didn't.

The object of this book is to bring the very complex subject of DNA repair genetic healing and fundamentals of genetics to the common man and woman, who does not have the time or desire to thumb through thousands of pages of genetic jargon to learn about their genes and how it relates to their health physical emotional social etc.
There will be both very easy to understand info in this book and some complex concepts. The complex parts will push

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[1] How to Eat To Live Book 2 Chapter 4 Live Long The Most Honorable Elijah Muhammad
[2] Our Saviour Has Arrived Page 114

you to study. The subject is vast but the most fun part is learning that YOU CONTROL YOUR GENES and YOUR GENES DO NOT CONTROL YOU. Most people BELIEVE opposite. Knowledge and results kills belief. Genes lay a base for you to work from yet they DO NOT limit you.

I wrote this book to help common people adapt behaviors that will IMPROVE THEIR GENETIC HEALTH. There are certainly things you are doing to make your genes weaker. If you knew to avoid those things you would improve your life on all levels. There are also things that you can do to drastically improve your gene health. This book will give you keys to improve immunity, how your body looks, help you avoid disease, give you better knowledge of why you should or should not have sex with someone, teach you about foods and the control of genes, water and genes, and even boost your creativity via knowledge of genes and more.

Look at your body. Look at your eyes. Look at your hair. Look at your skin. You have trillion of cells that are the little houses that keep you alive. You have over 200 DIFFERENT Types of cells. How does a brain cell know to BECOME a brain cell? How does a skin cell know to become a skin cell? Its all stored in your DNA.

CHAPTER 1 Genetics and Health

DNA
The molecule inside a cell’s nucleus that contains the genetic information responsible for the development and function of an organism. DNA molecules allow this information to be passed from one generation to the next. Also called deoxyribonucleic acid (DNA).

DNA Facts
- The DNA of one cell is approx. 6 feet long
- If you connected all the DNA of the trillions of cells you have it could stretch from Earth to Moon and back 8 times
-

DNA is composed of genes.

Genes - The basic unit of heredity that occupies a specific location on a chromosome. (They are a stretch of carboxylic acids misnamed amino acids (ACTG adenine cytosine thymine guanine).Each consists of nucleotides (ACTG) arranged in a linear manner. Most genes code for a specific protein or segment of protein leading to a particular characteristic tissue phenotype or function in a cell. They give the instructions on how to build things inside the cell, how to repair, and what to do.

Genes have the memory of what each the proteins that build a cell is supposed to become. Although every cell has the same DNA and genes only specific ones are activated to an ON switch. This allows them to become a particular set of proteins that make up a specific type of cell. In a hair cell all the other 200 types of cells ON SWITCH is turned OFF so the Stem cells that become hair cells can progress to become a SPECIFIC hair cell. The same goes for every other type of cell. The diversity of cells is controlled by genes and their transcription and translation.

Transcription – when RNA (ribonucleic acid) reads a part of the DNA called a gene and makes a copy into an RNA set of genes (Called EXON) and migrates this genetic material out of the cellular nucleus to the outside areas to form proteins. (Ribosomes/Melanosomes) do this work within the cell cytoplasm so that the cell can engineer protein to make specific tissues. This is how cells become diverse.
Translation – the process of genes being taken by RNA to ribosome's to be decoded to be assembled into peptides & proteins for tissue genesis and creation. This is the specific making of protein that become diverse cells and tissues.

- TRANSCRIPTION of mRNA (Messenger RNA) by the DNA using RNA polymerase (Enzyme that copies DNA to mRNA)
- TRANSLATION of mRNA by the ribosome. The Ribosome uses another type of RNA called Transfer RNA or tRNA. TRNA is associated with each type of Amino Acid properly termed carboxylic acid.
- Transfer RNA (tRNA) is the key to deciphering the code words in mRNA. Each type of amino acid has its own type of tRNA, which binds it and carries it to the growing end of a polypeptide chain if the next code word on mRNA calls for it.
- The last type of RNA is ribosomal RNA rRNA. It is actually the cell part that READS the mRNA.

During transcription and translation processes all types of good or bad things can happen. For instance, viruses invade transcription and or translation so that they can control how things are built in a Cell. Once a virus inserts its own code and instructions (via a ligand) it can change how the proteins in a cell develop. This is how a virus and ligand cause

DISEASE. They interrupt the Codes and Communications. This can spread as paracrine instructions (how cells talk to each other) across cells. In a healthy body only specific biochemicals are involved in this process of DIRECTING genes and when done properly we can overcome any adverse situation EVEN AGING.

DNA methylation is a biological process by which methyl or acetyl groups are added to the DNA molecule. Methylation can change the activity of a DNA segment without changing the sequence. When located in a gene promoter, DNA methylation typically acts to repress gene transcription or simply STOP the gene aka put it in an OFF position. This is how a hair cell DOES NOT become a skin cell or any other type of cell. In mammals, DNA methylation is essential for normal development and is associated with a number of key processes including genomic imprinting, X-chromosome inactivation, repression of transposable elements, aging, and carcinogenesis (various diseases).

Methyls

A methyl group is an alkyl derived from methane, containing one carbon atom bonded to three hydrogen atoms — CH_3. In formulas, the group is often abbreviated Me.
Such hydrocarbon (CH3) groups occur in many organic compounds. It is a very stable group in most molecules. While the methyl group is usually part of a larger molecule, it can be found on its own in any of three forms***: anion, cation or radical***. So, hydrocarbons and Super carbon molecules labeled R groups CONTROL GENES.

An anion is an ion with more electrons than protons, giving it a net negative charge (since electrons are negatively charged and protons are positively charged).
A cation is an ion with fewer electrons than protons, giving it a positive charge.
In chemistry, a radical is an atom, molecule, or ion that has at least one unpaired valence electron. With some exceptions, these unpaired electrons make radicals highly chemically reactive. The Most Popular radical is Oxygen. What we are dealing with here is the ability of the body to make STABLE changes. When DNA makes these changes in a STABLE MANNER via transcription and translation we get optimal health. If things disrupt stable change in a functional system, it causes disease.

DNA is also altered by acetyls

Acetyl -
of or denoting the acyl radical —$C(O)CH_3$, derived from acetic acid. Vinegars are part acetic acid which is why is prepared properly vinegars can heal.

DNA Demethylation is the process by which methyl groups are removed from genes and nucleotides especially cytosine, one of the 4 DNA base pairs. Adenine and thymine are proper DNA pairs and cytosine and guanine are dance partners.(A-T and C-G). These form the DNA sequences of all known life that has been studied in genomics of organisms. When G pairs with T we have what is called a mutation (adverse mutation). Guanine and Thymine are not supposed to dance. The Human genome has over 3 billion base pairs. Thus, mutation can occur every 10K up to 100K base pairs which gives up to 300K mutations. These are the mutations that lead to cancer heart disease etc. DNA demethylation can remove the methyl group and cause the recruitment of TeTs (Ten Eleven Translocation enzymes) that somehow know how to set back the clock by removing recently added carcinogenic methlys or acetyls from the gene code. They literally can reverse the damage. They are found present in the early zygote and important in demethylation of parent’s chromosomes in expression of gender. They are also present in the developing child to remove potential mutations repairing them so they will NOT BE HANDED DOWN to the developing child which could cause miscarriage. The cause of miscarriage is DNA methylation damage which can even come from the biochemicals of STRESS. Yes stress can damage genes!!!

How TETS work and develop is largely unknown to modern scientists. We KNOW how they work and it is directly related to Signal transduction from light. Don’t say light can’t control genes and transcription! You would have No Vitamin D3 if that were the case as the DHCR7 gene makes the fat/lipid/cholesterol that makes vitamin D3 via UVB light radiation. Light (electromagnetic forces), Vitamin D3, o2 ,and melanins (melantropic peptide) are keys to the enzymes that demethylize and reverse aging and disease!

Im giving you info that is shrouded in jargon to keep it away from the masses or IS NOT KNOWN or even looked for.

DNA Methylation

- Methyls and acetyls are chemical markers which determine which cells and cellular functions are operable in the ON switch or OFF switch in genes for the entirety of your life
- The bodies biochemistry closes OFF genes and Opens ON switches in genes

- These DNA Methyls DETERMINE what type of cell is going to develop
- Excessive aging and disease occurrs when specific genes that are silent dysfunctionally go to ON mode and specific genes that are supposed to be in ON MODE get switched off.
- This disrupts cellular MEMORY and functions and can destroy a cells awareness of its diversity and purpose. Cells lose their diverse identity, purpose, and function. They forget what they are supposed to do.
- These adverse alterations are measurable. A person's potential year of death can be predicted (Horvath Clock) and the specific diseases that will cause it can be predicted now precisely if the lifestyle stays generally the same without major changes or transformations
- Damaged cells, broken chromatin/chromosomes any DNA damage caused by external factors from medicine to environmental toxins like pesticides etc all are a part of things that impact our health yet epigenomic impact on the human genome is specific to certain genes being damaged not ANY genes being damaged.
- In the same way that we can damage the genome we can also repair and enhance it epigenomically based on lifestyle
- Think of the human genome like the information on a CD/DVD or information stored on a server. The epigenome is the part that allows the CD/DVD to actually PLAY (the laser that activates the information or deactivates it. Injury to the CD/DVD would equal injury to the DNA and a scratch on a CD/DVD can destroy the memory inscribed on the CD/DVD in the same way chemicals can damage genetic memory and cause dysfunction in instructions in cells.

- In children when puberty occurs early its due to genetic destabilization and injury. There are genes with an ON SWITCH too early.
- Later puberty (which is actually on time & health) equals a healthy epigenome
- Excessive intake of things like growth hormones speeds the aging process on mice and observations of people who often take growth hormones (body builders). They adversely impact the sirtuins
- Dietary restrictions like proper fasting increases the life span and impact on sirtuins.
- Food impacts genes in a major way.
- Longevity genes called sirtuins (a Total of 7) when they don’t undergo damage lengthen the life span. Keeping glucose levels and insulin levels stable increases the lifespan
- Eating excessively turns off the sirtuins via methylation damage
- Proper fasting allows the body’s muscles to use up glucose so that it is not converted to dangerous lipids that become visceral fat which damages the longevity genes
- It has been proven that during a 72 hour fast the autophagy system eats up visceral fat wastes and old proteins which improves the epigenome by removing excess toxins that could otherwise damage DNA if they were left to fester in the body
- Longevity genes are turned on and off based on glucose and other sugar levels in the body
- MTOR genes are responsive to amino acid and protein levels in the body.
- There are three key amino acids that adversely impact MTOR genes (leucine, Iso-Leucine, Valine)
- The idea is to have the Sirtuin longevity genes active and in OPEN and the MTOR genes on OFF. Excess

proteins turn on MTOR genes. Excess Sugar turns off Sirtuin longevity genes

- NMN and resveratrol in proper form are the two supplements that turn on Longevity genes aka sirutin genes
- Excessive eating causes NAD the gene repair agent to decline due to increase in CD38 enzyme
- NAD enhances the sirtuin genes and NMN causes the body to make more NAD
- Taking NMN will double your NAD levels bringing you double energy output and double repair of DNA structure and functions
- NAD has over 400 cellular functions.
- Excess intake of iron will increase the senescent cells and decrease functions of longevity genes in non-Aboriginal peoples
- Stressed plants in the form of wild and organic plants who have to fight for survival against pests etc provide us with more longevity gene functions (sirtuins)
- Food like apples and onions have quercitin which activates the sirtuin longevity genes and kill senescent (zombie) cells
- Exposure to cold increases functions of longevity genes by destroying visceral fats
- High interval aerobic exercise activates the sirtuin longevity genes, increases NAD levels via lowering body fat and glucose levels which are being absorbed by the muscles
- Studies show NMN supplements and caloric restriction diets improve fertility
- Sirtuin genes control cellular memory and improve brain memory functions

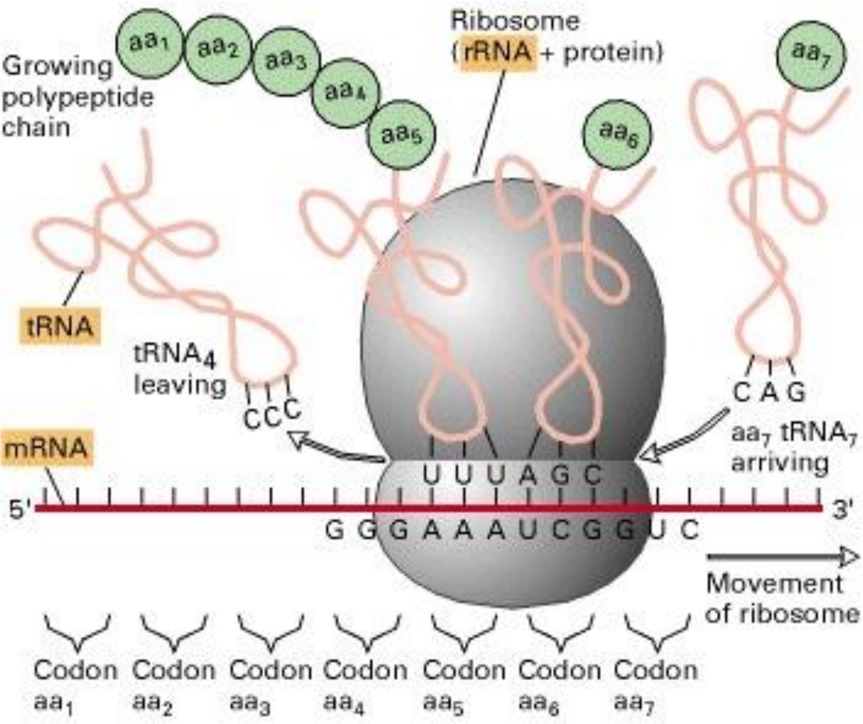
- Methyls must get attached to the right part of the genome and excessive methyls cause disruption of the genome and disease

I do not expect the readers of the book to become experts at gene transcription. The following definitions and charts are to give a general idea of the process of how your cells develop repair and stay diverse as this process is the method used to keep you alive and with the knowledge, we provide you will learn how to heal from aging which we consider a DISEASE. Our 8 factor epigenomic health & healing system will provide that knowledge.

8 proper things and regulate our health and stope reverse even go back in aging which is now a testable experiment:

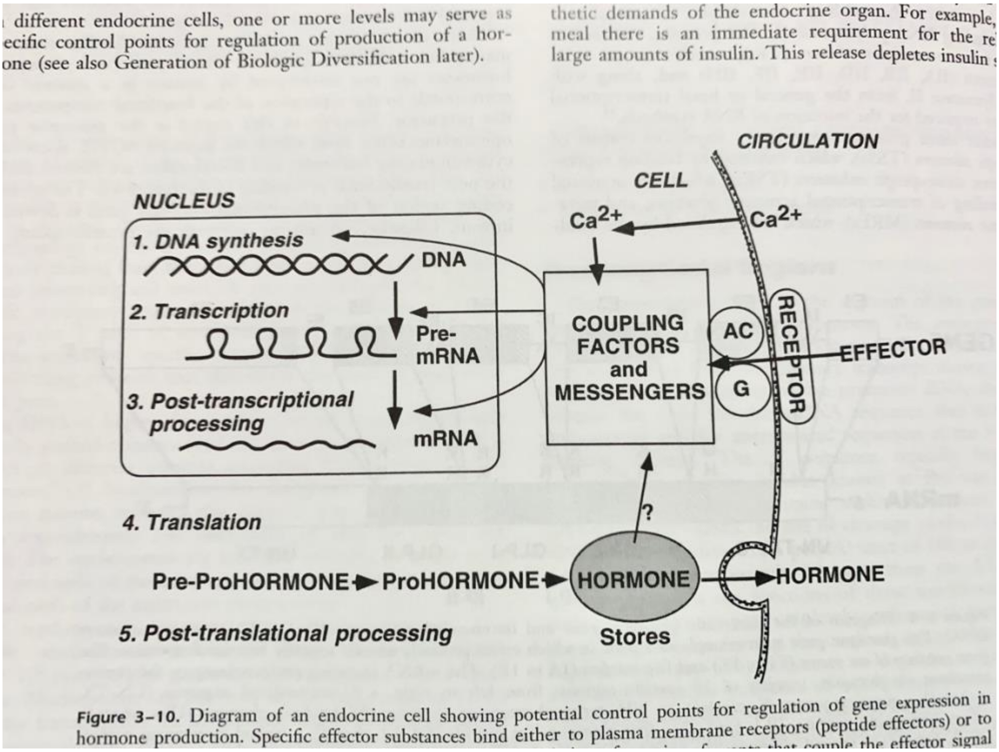
A) Nutrition increase plant melanins & proper supplements YIN-RG © VITALS D© , Nutraplex ©,
B) Exercise- fasted exercise HIT Training lowering sugars activating longevity genes,
C) Sunlight - increasing our exposure to outside Activating hormone D3 aka Vitamin d3 mitochondrial melatonin and activating melanin demethylation paths which stop aging, also improves immunity via Vitamin D3 synthesis of antibodies and T Cells.
D) Supplementation (Proper) Vital D YIN-RG NUTRAPLEX All which provide full complex of ALL vital nutrients and increase lifespan,
E) meditation – Breathing Exercises- Stress reduction
F) good rest,
G) Plant Enthogens increasing dopamine DMT Cannaboids increasing creativity, and having lots of fun

A Graph of the Process of Transcription/Translation



Messenger RNA (mRNA) is translated into protein by the joint action of transfer RNA (tRNA) and the ribosome, which is composed of numerous proteins and two major ribosomal RNA (rRNA) molecules. [Adapted from A. J. F. Griffiths et al., 1993, An Introduction to Genetics Analysis, 5th ed., W. H. Freeman.]

Example Genetic Transcription/Translation of a Hormone



different endocrine cells, one or more levels may serve as ecific control points for regulation of production of a hor- one (see also Generation of Biologic Diversification later).

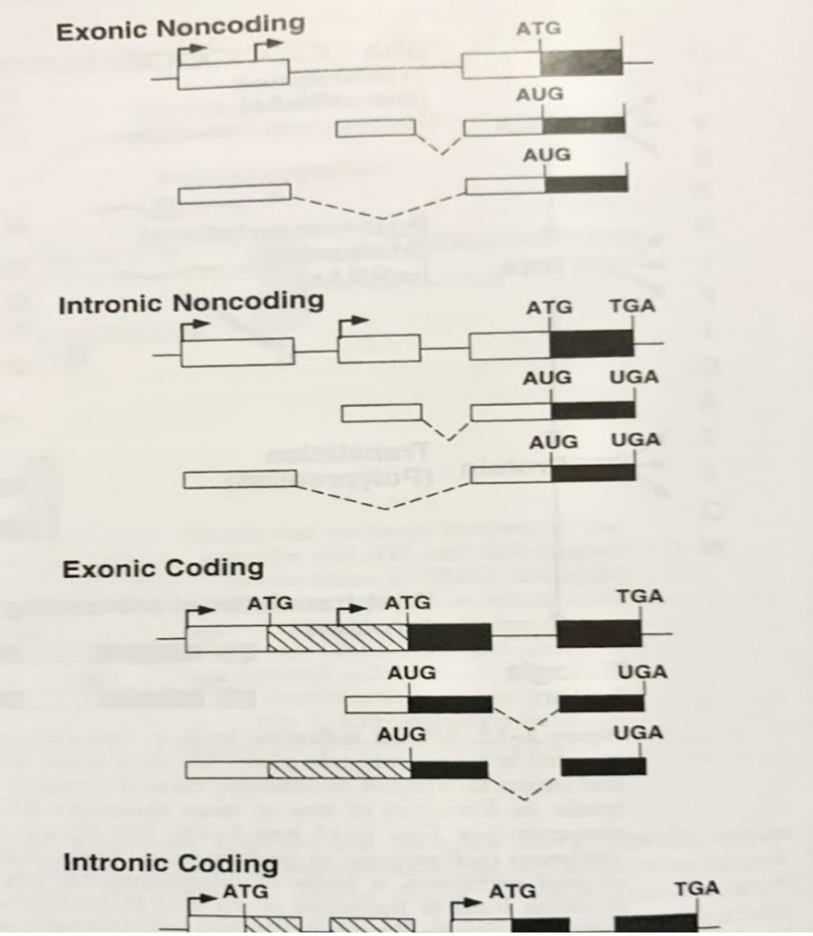
thetic demands of the endocrine organ. For example, meal there is an immediate requirement for the re large amounts of insulin. This release depletes insulin

Figure 3-10. Diagram of an endocrine cell showing potential control points for regulation of gene expression in hormone production. Specific effector substances bind either to plasma membrane receptors (peptide effectors) or to

Basic Example of Transcription via Intron and Exon DNA Information

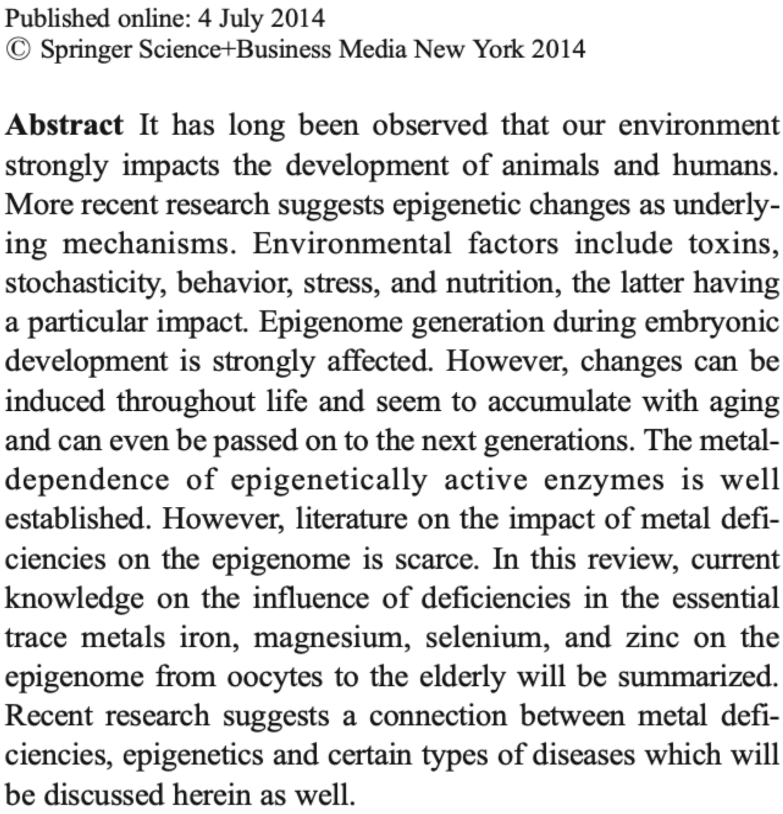
Introns are parts of the gene codes that are NOT EXPRESSED in proteins

Exons are the gene codes that are EXPRESSED in protons



Chapter 2 Minerals the Epigenome & Health

Most of the materials I get on these rare subjects im about to discuss come by way of me having a Department of Genetics credential, Aboriginal University accreditation and thus you depending on you tube scammers with botched information. Here is an intro from a VERY RARE article that YOU MUST BE A DEPARTMENT CHAIR OF A UNIVERSITY GENETICS DEPARTMENT or in academia, sign up to the institution, get cleared, then PAY for the



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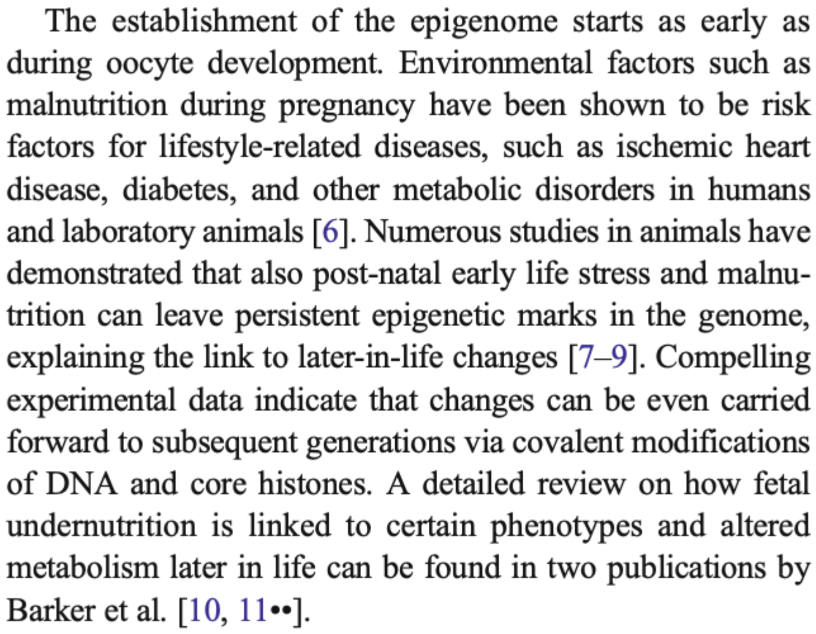
Abstract It has long been observed that our environment strongly impacts the development of animals and humans. More recent research suggests epigenetic changes as underlying mechanisms. Environmental factors include toxins, stochasticity, behavior, stress, and nutrition, the latter having a particular impact. Epigenome generation during embryonic development is strongly affected. However, changes can be induced throughout life and seem to accumulate with aging and can even be passed on to the next generations. The metal-dependence of epigenetically active enzymes is well established. However, literature on the impact of metal deficiencies on the epigenome is scarce. In this review, current knowledge on the influence of deficiencies in the essential trace metals iron, magnesium, selenium, and zinc on the epigenome from oocytes to the elderly will be summarized. Recent research suggests a connection between metal deficiencies, epigenetics and certain types of diseases which will be discussed herein as well.

information. It introduces this subject of Minerals and epigenetics.

The article continues in its proofs that nutrition can change genes in the gestating child, adult, elderly, and in subsequent generations.



The establishment of the epigenome starts as early as during oocyte development. Environmental factors such as malnutrition during pregnancy have been shown to be risk factors for lifestyle-related diseases, such as ischemic heart disease, diabetes, and other metabolic disorders in humans and laboratory animals [6]. Numerous studies in animals have demonstrated that also post-natal early life stress and malnutrition can leave persistent epigenetic marks in the genome, explaining the link to later-in-life changes [7–9]. Compelling experimental data indicate that changes can be even carried forward to subsequent generations via covalent modifications of DNA and core histones. A detailed review on how fetal undernutrition is linked to certain phenotypes and altered metabolism later in life can be found in two publications by Barker et al. [10, 11••].

“The hypothesis of an association of nutritional epigenetics with development and disease has been widely acknowledged and expanded to a concept called the ‘DEVELOPMENTAL ORIGINS OF HEALTH and DISEASE (DOHaD). The DOHaD concept suggests epigenetic inheritance as a major explanation for the later in life effects of dietary, physical, chemical, or other environmental factors, includingphysiological as well as pathological changes.”[3]
Graph of how metal (mineral) deficiencies impact genetics and disease pathology

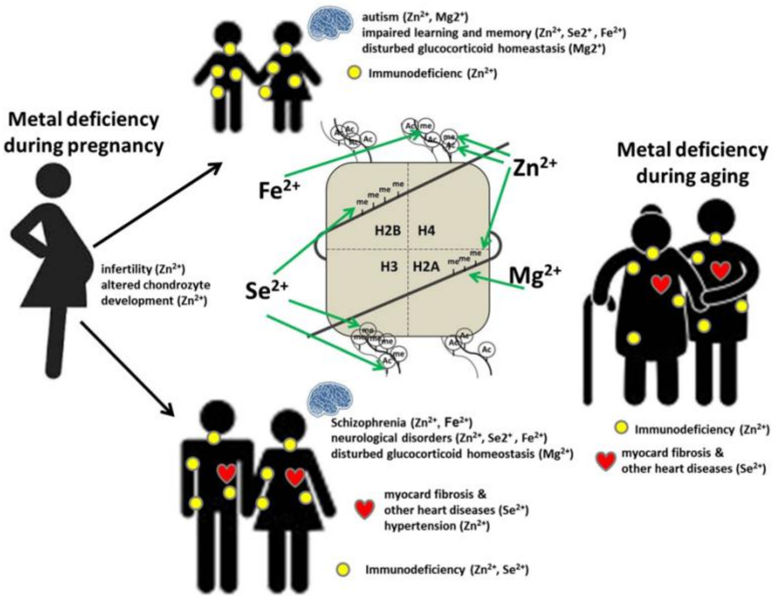

autism (Zn^{2+}, $Mg2^{+}$)
impaired learning and memory (Zn^{2+}, $Se2^{+}$, Fe^{2+})
disturbed glucocorticoid homeastasis ($Mg2^{+}$)
Immunodeficienc (Zn^{2+})
Metal deficiency during pregnancy
infertility (Zn^{2+})
altered chondrozyte development (Zn^{2+})
Fe^{2+}
Zn^{2+}
Se^{2+}
Mg^{2+}
H2B
H4
H3
H2A
me
Ac
Metal deficiency during aging
Schizophrenia (Zn^{2+}, Fe^{2+})
neurological disorders (Zn^{2+}, $Se2^{+}$, Fe^{2+})
disturbed glucocorticoid homeostasis (Mg^{2+})
myocard fibrosis & other heart diseases (Se^{2+})
hypertension (Zn^{2+})
Immunodeficiency (Zn^{2+}, Se^{2+})
Immunodeficiency (Zn^{2+})
myocard fibrosis & other heart diseases (Se^{2+})

Fig. 1 Consequences of metal-induced epigenetic changes during pregnancy and in the elderly. The figure illustrates the consequences of deficiencies in iron (Fe^{2+}), magnesium (Mg^{2+}), selenium (Se^{2+}), and zinc (Zn^{2+}) during pregnancy and during aging. Included are all reported phenotypes that are based on metal deficiency-induced epigenetic changes (references: see text). As illustrated in the center of the figure, DNA methylation as well as histone methylation and acetylation are affected by metal deficiency. (*yellow*: immune system; *red*: heart; *blue*: neuronal system; *me*: DNA methylation; Ac :histone acetylation; me : histone methylation)

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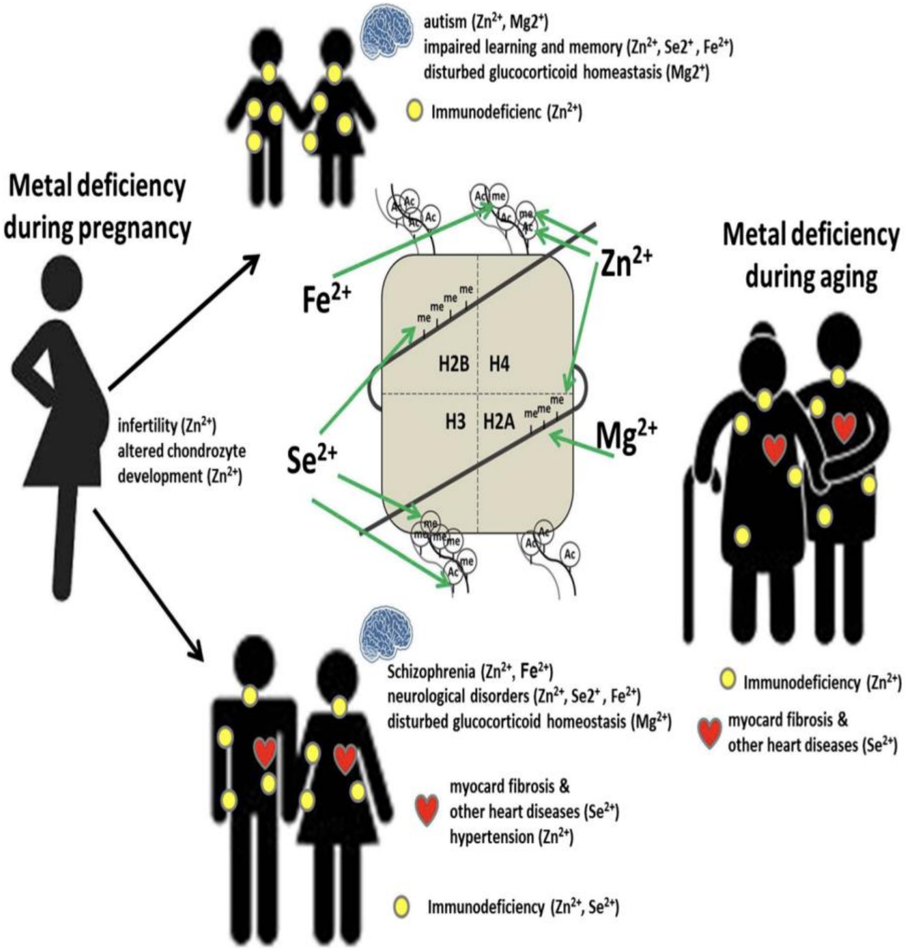
[3] Page 2 Epigenetics and Metal Deficiencies by Inga Wessels

Zoomed in View of Graph – Measurements of Zinc Iron Magnesium Selenium – impact on DNA histones and diseases listed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Metal deficiency during pregnancy
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Ac
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Fe^{2+}
Zn^{2+}
Se^{2+}
Mg^{2+}
H2B
H4
H3
H2A
Metal deficiency during aging
Immunodeficiency (Zn^{2+})
myocard fibrosis & other heart diseases (Se^{2+})
Schizophrenia (Zn^{2+}, Fe^{2+})
neurological disorders (Zn^{2+}, $Se2^{+}$, Fe^{2+})
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Fig. 1 Consequences of metal-induced epigenetic changes during pregnancy and in the elderly. The figure illustrates the consequences of deficiencies in iron (Fe^{2+}), magnesium (Mg^{2+}), selenium (Se^{2+}), and zinc (Zn^{2+}) during pregnancy and during aging. Included are all reported phenotypes that are based on metal deficiency-induced epigenetic changes (references: see text). As illustrated in the center of the figure, DNA methylation as well as histone methylation and acetylation are affected by metal deficiency. (*yellow*: immune system; *red*: heart; *blue*: neuronal system; *me*: DNA methylation; Ⓐ :histone acetylation; ⓜ : histone methylation)

The soil is being depleted of its mineral content by poor agricultural techniques. As shown from this study if the human body is deficient in minerals it leads to genetic alterations as minerals operate as EPIGENETIC TRIGGERS. We provided an ancient solution for this issue. It is NITROGEN INFUSED SOILS and NITROGEN FIXATING PLANTS that are amplifying this mineral deficiency. Plants CANNOT MAKE MINERALS. They must absorb them from Soils. If a local herbalist healer etc is telling you a plant has minerals and they didn't infuse the minerals into the soil THEY ARE LYING and thus 99 percent of these said community new age healers are ignorantly scamming the masses. The tragedy is people change their dietary regiments then start thinking eating nitrogenous flesh is better because of lack of education. This material will END THAT.

The use of chemical fertilizers (nitrogen based) leads to the following evil consequences:

1) It poisons the soil destroying beneficial soil bacteria, earthworks minerals and humus
2) It creates unhealthy unbalanced mineral deficient plants lacking resistance to disease (They are genetically weak) and insect pests leading to the spraying menace (pesticides) in an effort to preserve these defective specimens
3) It leads to disease among animals and men who feed on these abnormal plants and their products
4) It leads to a tremendous expense on the farmer, because chemical fertilizers being extremely soluble are quickly washed from soil by rainfall and needs constant replacement (Powdered rocks (Stone meal agriculture) on the other hand

being less soluble are not easily washed from the soil but keep releasing minerals to it for many years (Bread From Stones Page 7 Dr Julius Hensel).

So, a simple solution is better farming techniques. Now the Banger. THE US Department of Agriculture ALREADY knows this. They put out a study as early as 1928 on the decreasing mineralization of our soils. So the better question is WHAT HIGHER UPS WANT THE PEOPLE SICK and if you follow the pharmaceutical money trail you find the culprits, rich families, who control the President, Military, Banks. They make money off you being SICK.

"Interestingly a lot of epigenetic dependent enzymes ate metal dependent. The functioning of class I, II, and IV histone deacetylases (HDACs) for example, depends on zinc, while members of the SAM? Metal dependent o-methyl transferase family MycE require magnesium. A newly discovered HDAC inhibitor is affected by selenium levels and several histone demethylases are iron dependent. However, the amount of literature on the short and long term effects of metal deficiencies on the epigenome is low."[4]

" Variation in the ZNF804A gene which encodes a zinc finger protein that modulates a network of schizophrenia associated genes, has been implicated as a risk factor for schizophrenia."[5]

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[4] Page 4 Epigenetics & Metal Deficiencies by Inga Wessels

[5] Page 6 Epigenetics & Metal Deficiencies by Inga Wessels

Here is some more backdrop on exactly HOW our soils started losing their minerals…

Agricultural Wars

The basic discussion here is on who inspired farmers to use nitrogen in soils. It was Justus Von Liebig. Liebig created the biggest lie in history and now farmers worldwide including some said organic farmers are using his techniques, which are destroying soil and the plants growing out of them. He and Dr Julius Hensel incited a 19th century and 20th century war over the question of using nitrogen or minerals for fertilizers. Justus Von Liebig won and thus our discussion on soil depletion.

Scientific American published an article on soil depletion and the use of NPK (Nitrogen Potassium Phosphorus) fertilizing techniques. They state that 1 out of 5 atoms in our bodies is from the use of NPK fertilizer, Are we POSSESSED with the idea of this German Justus von Liebig?

Justus Freiherr von Liebig[2] (12 May 1803 – 18 April 1873) was a German chemist who made major contributions to agricultural and biological chemistry, and was considered the founder of organic chemistry.[3] As a professor at the University of Giessen, he devised the modern laboratory-oriented teaching method, and for such innovations, he is regarded one of the greatest chemistry teachers of all time.[4] He is considered the "father of the fertilizer industry" for his discovery of NITROGEN as an essential plant nutrient, and his formulation of the Law of the Minimum which described the effect of individual nutrients on crops

Justus Von Liebig

One of his most recognized accomplishments is the development of nitrogen-based fertilizer. In the first two editions of his book (1840, 1842), Liebig reported that there was not sufficient nitrogen in the atmosphere, and argued that nitrogen-based fertilizer was needed to grow the healthiest possible crops

•In his theory of mineral nutrients, Liebig identified the chemical elements of Nitrogen (N), Phosphorus (P), and Potassium (K) as essential to plant growth. He reported that plants acquire Carbon (C) and Hydrogen (H) from the atmosphere and from water (H_2O). As well as emphasizing the importance of minerals in the soil, he argued that plants feed on nitrogen compounds derived from the air. This assertion was a source of contention for many years, and turned out to be true for legumes, but not for other plants

The young Liebig: 1843 lithograph after an 1821 painting (Liebighaus)

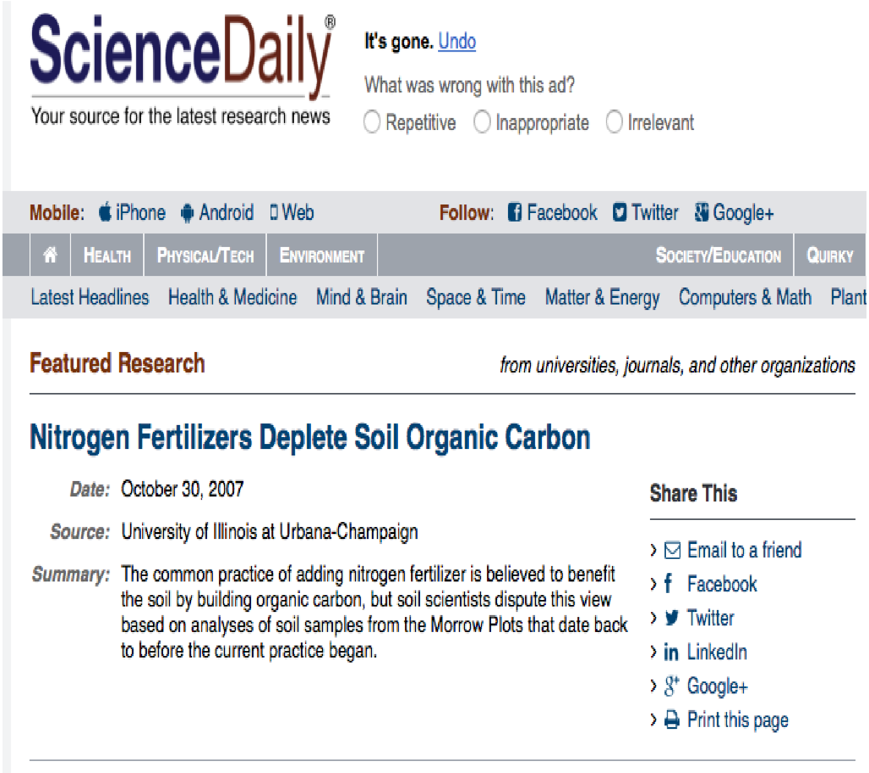
The adversary of Liebig and the politicians, scientists, and farmers of his time was Dr Julius Hensel

Dr. Julius Hensel (born July 11, 1833, in Küstrin, died probably 1903 in Berlin) was a German agricultural and physiological chemist or pharmacist, who later qualified as a doctor of medicine; described as one of the greatest pioneers of biochemistry[1][*unreliable source?*] and was considered by his followers as the "inventor" of the mineral field fertilization with rock flour. He published "Macrobiotic" in 1882; he suggested that the underlying cause of all disease is a lack of mineral substances, which are essential to the functioning of the body's cells

Liebig won out over Hensel. Farmers worldwide now follow Justus von Liebig's nitrogen theory of agriculture. Aboriginal Farms does not. We advocate the proper diet to stop soil depletion all together Class book.

As a start we advocate the techniques of Dr Julius Hensel and add that volcanic rocks alluvial flat deposits as well as limestone and granite hold the keys to strengthening the soil. Another very out of box proposal deals with a Indigenous

Prophecy that has been fulfilled about how earth will heal. We placed this information in the Book Star Prophecy and will elaborate in brief in this material
Needless to say scientists are now agreeing with Hensil today.



Featured Research *from universities, journals, and other organizations*

Nitrogen Fertilizers Deplete Soil Organic Carbon

Date: October 30, 2007

Source: University of Illinois at Urbana-Champaign

Summary: The common practice of adding nitrogen fertilizer is believed to benefit the soil by building organic carbon, but soil scientists dispute this view based on analyses of soil samples from the Morrow Plots that date back to before the current practice began.

Dangers of Nitrogen Fertilizer

•The common practice of adding nitrogen fertilizer is believed to benefit the soil by building organic carbon, but four University of Illinois soil scientists dispute this view based on analyses of soil samples from the Morrow Plots that date back to before the current practice

•The research, also drawing upon data from other long-term trials throughout the world, was conducted by U of I soil scientists Saeed Khan, Richard Mulvaney, Tim Ellsworth, and Charlie Boast. Their paper "The Myth of Nitrogen Fertilization for Soil Carbon Sequestration" is published in the November/December 2007 issue of the Journal of Environmental Quality." It is truly fortunate that researchers over the past 100 years have been diligent in collecting and storing samples from the U of I Morrow Plots in order to check how management practices have affected soil properties," said Khan. The Morrow Plots are America's oldest experimental field. "We were intrigued that corn growth and yields had been about 20 percent lower during the past 50 years for the north (continuous corn) than for the south (corn-oats-hay) end of the Morrow Plots, despite considerably greater inputs of fertilizer nitrogen and residues." To understand why yields were lower for plots that received the most nitrogen, Khan and his colleagues analyzed samples for organic carbon in the soil to identify changes that have occurred since the onset of synthetic nitrogen fertilization in 1955. "What we learned is that after five decades of massive inputs of residue carbon ranging from 90 to 124 tons per acre, all of the residue carbon had disappeared, and there had been a net decrease in soil organic carbon that averaged 4.9 tons per acre. Regardless of the crop rotation, the decline became much greater with the higher nitrogen rate," said Khan.

Mulvaney says that the findings have troubling implications for corn production due to the widespread use of yield-based nitrogen recommendations since the 1970s. "The one- size-fits-all approach was intended to minimize the risk of nitrogen deficiency as insurance for high yields. Unfortunately, the usual result is over-fertilization because of the assumption that the fertilizer supplies more nitrogen than the soil. The opposite is true in most cases, and especially for the highly productive soils of the Corn Belt that receive the highest nitrogen rates." Added Khan, "The rates have been progressively inflated over the years by yield increases from agricultural advances such as better varieties and higher populations." Their findings for the Morrow Plots are confirmed in published literature from field studies that included initial soil organic carbon data. "In numerous publications spanning more than 100 years and a wide variety of cropping and tillage practices," said Boast, "we found consistent evidence of an organic carbon decline for fertilized soils throughout the world and including much of the Corn Belt besides Illinois."

Zinc & Inflammation

Zinc is required for the activity of various epigenetic enzymes, such as **DNA methyltransferases** (DNMTs), histone acetyltransferases (HATs), histone deacetylases (HDACs), and histone demethylases, which possess several zinc binding sites. Thus, the dysregulation of zinc homeostasis can lead to epigenetic alterations.

Not getting enough of this important mineral could lead to chronic disease involved in inflammation such as cancer, diabetes, and cardiovascular disease. Older adults are more likely to have these diseases because they're more at risk for zinc deficiency. It's also imperative to maintain a proper daily intake of zinc because the body does not have a specialized storage system for it.

"When you take away zinc, the cells that control inflammation appear to activate and respond differently; this causes the cells to promote more inflammation," explained lead author Emily Ho, professor and director of the Moore Family Center for Whole Grain Foods and Nutrition and Preventive Health at the OSU College of Public Health and Human Sciences.[6]

About 12 percent of individuals in the United States do not have enough zinc in their diets. According to Ho, as much as 40 percent of people 65 and older do not get the proper amount of zinc. Because older adults typically do not eat enough food containing zinc and their bodies do not seem to absorb or use zinc as well as younger individuals, they are more likely to develop zinc deficiency and inflammation-related disease.[7]

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[6] Bailey Kirkpatrick Article- How Eating Zinc Impacts DNA Methylation & The Immune System

According to Ho, "It's a double-whammy for older individuals."
The team of researchers, including co-authors Carmen Wong and Nicole Rinaldi from the College of Public Health and Human Sciences, attempted to understand the interaction between inflammation and zinc deficiency. In their study, they focused on an in vitro cell culture system and utilized an aged mouse model to characterize the activation of the immune system and DNA methylation profiles that might result in the increased proinflammatory response mediated by an insufficient amount of zinc.[8]

Their research did in fact show that zinc deficiency led to an enhanced proinflammatory response in cells. Ho said that for the first time the investigators were able to demonstrate that decreasing zinc resulted in improper activation of immune cells and dysregulation of a protein known as cytokine IL-6 (interleukin 6), which impacts inflammation in the cell. Specifically, they reported that zinc deficiency "upregulated cell activation markers ICAM1, MHC class II, and CD86 in THP1 cells, which coincided with increased IL1β and IL6 responses following LPS [lipopolysaccharide] stimulation."[9]

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[7] ***How Eating Zinc Could Affect DNA Methylation and the Immune System by Dr Bailey Kirkpatrick***

[8] IBID

[9] *How Eating Zinc Could Affect DNA Methylation and the Immune System by Dr Bailey Kirkpatrick*

Selenium & Epigenetics
25 genes in the human body use selenium to code for making proteins. Deficiencies in Selenium have been shown to be a major issue with autistic children.
Example: I had two children as clients, cousins who took the same vaccine at ages 8. One came out with Autism, the other didn't. The difference after diagnostics was SEVERE selenium and magnesium deficiencies. The zinc was low as well. I was astounded. It led to my research for publishing this book.
Using Blue green algae zinc selenium vitamin e and magnesium completely healed the younger cousin. Use this simple formula every other day.

Pure Chlorella 2 tablespoons in organic lime juice. Buy liquid zinc magnesium and selenium as a fulvic acid supplement. Other minerals present will not disturb the process. Get a pure form of vitamin E. Add 5 drops of fulvic minerals and 1 teaspoon of Vitamin E. Let the child take it orally and swish around under the tongue for sublingual absorption. Do this for 6 weeks 3 times a week as a natural attempt to heal from this disease. Use all plant-based contents and watch the healing take place. Consult with a true healing physician for a second opinion.

Autism is a DNA methylated disease caused by excess arsenic and lead and sometimes cadmium in vaccines, but can be caused by other ways of getting arsenic and other toxic levels of the other metals mentioned in the body. Same goes for Hypo hyper thyroidism. Literally can be cured using selenium supplements. Message for vegans. You could get the selenium from kelp but it would take about 90 meals of it but two weeks of wild yellowfin tuna would do the job of dense selenium intake. Healing is certainly a science not a belief.
As for other minerals as noted in this material, they are EPIGENETIC triggers and YOU MUST Supplement. We use a

certified root absorption technique with rock dust minerals aka stone meal to ensure herbs we use have minerals. We also use fulvic acid minerals from the best sources. You need 28 minerals listed in this text. We provide up to 78 in our NUTRAPLEX supplement which we feel is the best and can be ordered from the AMA website.

Chapter 3 Vegan Trends took My ASS-Formulas to get it Back based on genetics & Epigenomic Awareness

HEALTHY NATURAL SHAPE   UNHEALTHY ATROPHY

OK you Joined the Dr Sebi Cult the Arnold Ehret Cult and all the other cults and you went from a coke bottle body to looking like a cute skinny nikka!!!! Dayum. Let me remind you and teach you some things.

Dr Sebi was 6’3” inches 120 lbs. That’s SEVERE ATROPHY. He was suffering from alkalosis being TOO alkaline. This can disrupt digestion and assimilation of nutrients. Stomach Acid was made to be ACID. The body must catabolize (break down) food so that it can access its nutrients. Drinking too alkaline water and liquids changes the ph of the stomach acids and causes nutrient deficiencies.

Arnold Ehret’s teaching is 100 Yeats old and cannot stand the tests of time. He still believes germs were not real. We now know there are 6 pathogens that adversely impact human health.

Viruses

Bacteria

Yeasts

Fungi

Protists (Parasites)

Prions

Women were designed to have appealing figures and even give off a pheromonic SCENT from the brown adipose tissue that makes up your ass and hips. You are mineral deficient, protein deficient and brown adipose tissue deficient and you should desire to fix it because you are biologically SICK.

When I look through medical literature on brown adipose tissue, I know what I'm looking at. These non-indigenous Doctors scientists etc are from lines of women who are suffering from android pelvis low rates of brown adipose tissue. Start back at Greece then Rome keep going… see a pattern, the grown men LOVED BOYS. Their women looked horrible. Meanwhile we were in Ancient America Africa etc eating mangoes no domestic violence no baby mommas no funky cave women in HEAVEN. You know a black woman is in a cult if a nikka can convince them losing their curvy onion is HEALTHY!

Ok Enough of my street talk now to the science…

Brown adipose tissue is also called natural fat and is what gives a woman hips breasts and juicy buttocks. White adipose tissue IS NOT NATURAL. Today we call it Visceral fat and it's the toxic fat and dead protein and senescent cells we want to get rid of. Here are the things destroying your natural brown adipose tissue.

- Poor Nutrition
- Stress
- Poor Mating Selection and intake of sperm and semen that is EPIGENETICALLY TOXIC (Hennessy, Percocet, Moldy cannabis, McDonalds meals etc…all sewn up being injected into you year after year after year). Ok You get it.
- Unhealthy Exercise.
- Living in Cold Climates not in alignment with your genetics
- Taking advice from Non-Indigenous Medical Professionals
- A Lifestyle of Pesticides, wrong vegan and non-vegan foods that cannot keep you healthy

- Music with sounds that adversely impact your epigenome and overall psychology
- Hormonal Imbalance triggered by many lifestyle choices

Yes, you must fix all of these things to be ‘healthy’ or you can keep going into atrophy, obesity, etc…

This fat (BAT- Brown Adipose Tissue) is made genetically as opposed to the visceral fat which is really excess toxic waste. It (BAT) is synthesized from the UCP1 gene found on chromosome 4. Uncoupling protein 1 (UCP1) is found in brown adipose tissue that is abundant in human infants.[10] This brown fat is also found in abundance in women as they require massive amounts of energy above their opposite gender (Males) as nature sees them (Women) as potential biological mothers. The Brown Adipose Fat is an ***Energy Preservation System*** (EPS) and a thermogenic system. Simply put, more thermogenic body heat can warm a child. Wider hips allow for safer birth with less pain and damage to the child leaving the vaginal canal. Attractive bodies promote the stimulus in the male gender to want sex which is nature giving us a survival mechanism to AVOID EXTINCTION.
All of what you are watching, are signs of an extinction level event, FABRICATED via Social Engineering to BREAK the natural inclination of the male species to the female species and vice versa.

The ucp1 gene exists in women and men. It is on OFF in men who possess no need for excessive brown adipose tissue in breasts thighs and buttocks.

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[10] Comprehensive Medicinal Chemistry II (2007) D L Nelson D R Gehlert – Therapeutic Areas I: Central Nervous System, Pain Metabolic Syndrome 6.18.6.16 Uncoupling Proteins

Women need it (BAT), so naturally the GENE is in the ON POSITION via DNA methylation. All of the above 9 things I mentioned are conditions that can reverse this ON SWITCH, confuse gene memory, and have women with flat chests because of poor unintelligent lifestyle choices. When you see men with man boobs, its' not just visceral fat waste aka white adipose tissue. Its hormonal mistakes occurring that impact genes EPIGENETICALLY aka SOYBOYS.

So, Doc, explain How we lose our ass breasts hips thighs etc.

You start eating these trendy diets, Veganism plant -based weirdos and Raw food Diets. They start off good till your lack of intake of the 9 essential carboxylic acids misnamed amino acids, the demineralized fruits and veggies, and the plants with injured genes assimilate for months into your body causing simple A- Mineral deficiency B- Protein deficiency C-DNA Damage. In particular, demethylation of the UCP1 gene is what causes the loss of brown adipose tissue.

The body responds to your poor decision.

The ***p53 protein*** is activated by various cellular events such as DNA damage, hypoxia, heat shock, and overexpression of oncogenes.[11]

The Article continues,

"DNA damage is also done by proteins such as GADD45 induced by p53. p53 plays an important role in mitotic cell division by regulating the function of centrosomes by blocking the mitotic spindle assembly using nocodazole, which leads to the activation of p53 by ataxia telangiectasiamutated protein kinase (ATM), the key initiator of the DNA damage repair (DDR) pathway[12]

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[11] Role of Dietary AntiOxidants P53 Mediation by J P Jose Merlin, H P Vasantha Rupasinghe Oxidative Medicine and Cellular Longevity

This is a bit technical but I HIGHLIGHT the ***GADD45 Protein*** to take you to the ***ATROPHY PART*** and Adipocytes aka Brown adipose tissue…

GADD45α, a member of the GADD45 family proteins, is involved in various cellular processes including the maintenance of genomic integrity, growth arrest, apoptosis, **senescence**, and signal transduction. In skeletal muscle, GADD45α plays an important role in regulating mitochondrial biogenesis and **muscle atrophy**. IN ADIPOCYTES (Brown adipose tissue) GADD45α regulates ***preadipocyte differentiation***, ***lipid accumulation***, and ***thermogenesis metabolism***. Moreover, it has been recently demonstrated that GADD45α promotes gene activation by ***inducing DNA demethylation***

And there you have it. The DAMAGE is due to Nutritional DEFICIENCY which triggers the body's DNA repair response. In that process, a protein GADD45, directs itself to Demethylate Brown adipose tissue…why?

The body is losing ENERGY and Memory. Let me be clear. You are now NOT eating a diet that stabilizes your femininity so the body is FORGETTING you are a woman! Brown adipose is an ENERGY reserve! How do we know scientifically? Take a Look.

The uncoupling gene UCP 1 that synthesizes brown adipose tissue designs it as an energy RESERVE so in those cells using up the body's energy source is TURNED OFF. ATP usage is turned off in the breasts hips buttocks and thighs to PRESERVE energy for a child because the memory in the cells is that YOU ARE A POTENTIAL MOTHER.

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[12] IBID

Uncouplers of oxidative phosphorylation in mitochondria ***inhibit the coupling*** between the electron transport and phosphorylation reactions and thus ***inhibit ATP synthesis*** without affecting the respiratory chain and ATP synthase.

Let’s break this down. The body preserves this energy for the mother so that she can produce body heat if needed in a cold climate and nurse the baby with back up reserves of energy in case of famine. Look How smart the body is. You may say well we don’t live on a safari so we don’t need those back up reserves anymore. My response, tell the people suffering from food shortage in first world countries especially when disaster hits for weeks or months. Depending on State and federal food programs is not a multigenerational effective plan. Listen to your body and be efficient and independent.

Now the fix.
You need all 9 essential carboxylic acids aka amino acids. You can get them from supplements and foods. Your yield to gain these is WAYYYYY Low on that raw food diet. Look at the women on it. They look like skinny men and the hormones won’t lie. They are. Moving in that direction. Even the thick ones on the opposite spectrum of having excessive visceral fat, both super aggressive or passive aggressive. Nitrogenous Flesh washes away minerals and chelation of the necessary carboxylic acids misnamed amino acids. So here are the options
Bison – a highly carbon-based meat as opposed to pork beef chicken turkey all highly nitrogenous in their flesh with high level of ammonia. The Bison aka Buffalo is a natural animal

to this earth unlike a cow. Its high in minerals and lean proteins.
Wild Salmon Sea Bass Tuna – Excellent source of 9 essential carboxylic acids misnamed amino acids and Vitamin d3.
Advanced Bio Nutritional Essential Amino Acid Complex (Plant Based Supplement)
Nutraplex – Our Supplement.
Quinoa and Fonio are the ONLY plant-based sources with all 9 essential amino acids.

9 Essential Amino Acids and their general bodily functions

1. **Phenylalanine:** Phenylalanine is a precursor for the neurotransmitters tyrosine, dopamine, epinephrine and norepinephrine. It plays an integral role in the structure and function of proteins and enzymes and the production of other amino acids
2. **Valine:** Valine is one of three branched-chain amino acids, meaning it has a chain branching off to one side of its molecular structure. Valine helps stimulate muscle growth and regeneration and is involved in energy production
3. **Threonine:** Threonine is a principal part of structural proteins such as collagen and elastin, which are important components of the skin and connective

tissue. It also plays a role in fat metabolism and immune function

4. **Tryptophan:** Though often associated with causing sleep, tryptophan has many other functions. It's needed to maintain proper nitrogen detox and balance and is a precursor to serotonin, a neurotransmitter that regulates your appetite, sleep and mood

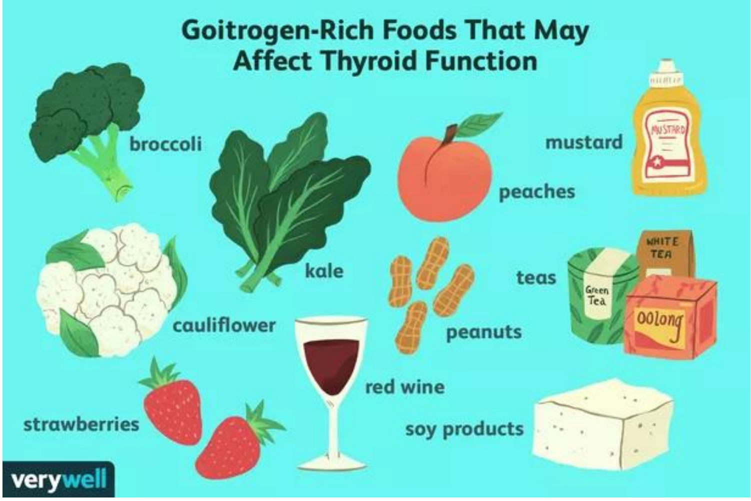
5. **Methionine:** Methionine plays an important role in metabolism and detoxification. It's also necessary for tissue growth and the absorption of zinc and selenium, minerals that are vital to your health

6. **Leucine:** Like valine, leucine is a branched-chain amino acid that is critical for protein synthesis and muscle repair. It also helps regulate blood sugar levels, stimulates wound healing and produces growth hormones

7. **Isoleucine:** The last of the three branched-chain amino acids, isoleucine is involved in muscle metabolism and is heavily concentrated in muscle tissue. It's also important for immune function, hemoglobin production and energy regulation

8. **Lysine:** Lysine plays major roles in protein synthesis, hormone and enzyme production and the absorption of calcium. It’s also important for energy production, immune function and the production of collagen and elastin
9. **Histidine:** Histidine is used to produce histamine, a neurotransmitter that is vital to immune response, digestion, sexual function and sleep-wake cycles. It’s critical for maintaining the myelin sheath, a protective barrier that surrounds your nerve cells

Chapter 4 The Epigenetic Dangers Of Lectins Oxalates Goitrogens Phytoestrogens Phytates & Tannins - Cook Your Vegetables & Do Not Follow Raw Food Trends



To All my trend following RAW FOODISTS, please consider science over trends. The above 5 main things highlighted are not the only biochemical compounds that need discussion yet they are the predominant ones. We label these compounds as ‘anti-nutrients’ borrowing this term from the latest studies. We go further into the epigenetic impact of these anti-nutrients to expose them as detrimental on ONE CONDITION of scientific observation. Their greatest danger comes when they are NOT COOKED.

“Plant-based diets are associated with reduced risk of lifestyle-induced chronic diseases. The thousands of phytochemicals they contain are implicated in cellular-based mechanisms to promote antioxidant defense and reduce inflammation. While recommendations encourage the intake of fruits and vegetables, most people fall short of their target daily intake. Despite the need to increase plant-food consumption, there have been some concerns raised about whether they are beneficial because of the various ‘anti-nutrient’ compounds they contain. Some of these anti-nutrients that have been called into question included ***lectins, oxalates, goitrogens, phytoestrogens, phytates, and tannins****. The purpose of this narrative review is to examine the science of these ‘anti-nutrients’ and weigh the evidence of whether these compounds pose an actual health threat.*[13]

The findings of the study had ONE UNIVERSAL FACTOR. Cooking all foods in these categories NEUTRALIZED the adverse impact of plant anti-nutrients.

A List of some of the vegetable types

Some Foods Containing Goitrins and/or Thiocyanates

- African cassava
- Babassu (a palm-tree coconut fruit found in Brazil and Africa)
- Bok choy

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[13] Is There Such a Thing as “Anti-Nutrients”? A Narrative Review of Perceived Problematic Plant Compounds by Weston Petroski

- Broccoli
- Broccolini
- Brussels sprouts
- Cabbage
- Canola
- Cauliflower
- Chinese Broccoli
- Collards
- Daikon
- Flax
- Kale
- Kohlrabi
- Millet
- Mustard
- Peaches
- Peanuts
- Pine nuts
- Radishes
- Red Radish
- Rutabaga
- Spinach
- Strawberries
- Sweet potato
- Turnips
- Watercress

Lectins

Lectins, or hemagglutinins, are a diverse family of carbohydrate-binding proteins found in almost all organisms, including plants, animals, and microorganisms. These proteins/glycoproteins possess the unique capability to reversibly bind to specific carbohydrate moieties on cells, resulting in erythrocyte agglutination.[14]

We have proposed based on our diagnostics that the issue with plant-based dietary trends raw food plant diets etc is their lack of knowledge of the molecular state of plants. In the studies I combed through for this book I found almost every issue with ‘anti nutrients’ was the plant needed to be cooked to deactivate the adverse potential of the antinutrients. ALL of the studies results came to the exact same conclusions.

2.3. Effects of Cooking/Processing

Although lectins are fairly resistant to enzymatic digestion in the gastrointestinal tract, they can be removed from foods by various processes. For example, soaking, autoclaving, and boiling causes irreversible lectin denaturation. Boiling legumes for one hour at 95 °C reduced hemagglutinating activity by 93.77–99.81%.[15]

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[14] Mishra, A.; Behura, A.; Mawatwal, S.; Kumar, A.; Naik, L.; Mohanty, S.S.; Manna, D.; Dokania, P.; Mishra, A.; Patra, S.K.; et al. Structure-function and application of plant lectins in disease biology and immunity. Food Chem. Toxicol. 2019, 134, 110827

[15] Shi, L.; Arntfield, S.D.; Nickerson, M. Changes in levels of phytic acid, lectins and oxalates during soaking and cooking of Canadian pulses. *Food Res. Int.* **2018**, *107*, 660–668

Oxalates

Oxalate, or oxalic acid, is a substance that can form insoluble salts with minerals, including sodium, potassium, calcium, iron, and magnesium. These compounds are produced in small amounts in both plants, and mammals. Soluble (unbound) oxalates can chelate minerals, reducing absorption, or are absorbed through the intestines and colon. Absorbed dietary oxalates are believed to contribute to calcium oxalate kidney stone formation. Insoluble oxalates, on the other hand, are excreted in the feces. Due to their effects on nutrient absorption and possible role in kidney stone formation, oxalates are considered by some to be ‘antinutrients’.[16]

3.3. Effects of Cooking/Processing

Like lectins, the cooking, preparation, and processing of food can impact the oxalate content and, therefore, mineral availability of food items. Due to oxalate’s solubility in water, wet processing methods such as boiling, and steaming seem to be the most efficient solutions to decreasing oxalate content. Chai and Liebman reported significant reductions of soluble oxalate in vegetables by boiling for 12 min, ranging from 30 to 87%. Spinach and Swiss chard experienced the largest losses (87 and 85%, respectively).[17]

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[16] Noonan, S.C.; Savage, G.P. Oxalate content of foods and its effect on humans. Asia Pac. J. Clin. Nutr. 1999, 8, 64–74

[17]

Goitrogens

Plant-derived goitrogens are another set of compounds which have received attention among nutrition researchers and health professionals. The term ‘goitrogen’ broadly refers to agents that interfere with thyroid function, thus increase the risk of goiter and other thyroid diseases.[18]

Despite the potential beneficial effects of glucosinolates, some evidence suggests that goitrin, produced from the glucosinolate precursor, progoitrin, as well as thiocyanate (an indole glucosinolate degradation product), may have adverse effects on the thyroid. Early animal and cell models demonstrated goitrin and thiocyanate ions to inhibit the thyroid’s utilization and uptake of iodine.[19]

The processing of foods, such as cooking, and fermenting, lowered total glucosinolate concentration (See Table)

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[18] Gaitan, E. 9 Goitrogens. *Baillière’s Clin. Endocrinol. Metab.* **1988**, *2*, 683–702

[19] Felker, P.; Bunch, R.; Leung, A.M. Concentrations of thiocyanate and goitrin in human plasma, their precursor concentrations in brassica vegetables, and associated potential risk for hypothyroidism. *Nutr. Rev.* **2016**, *74*, 248–258

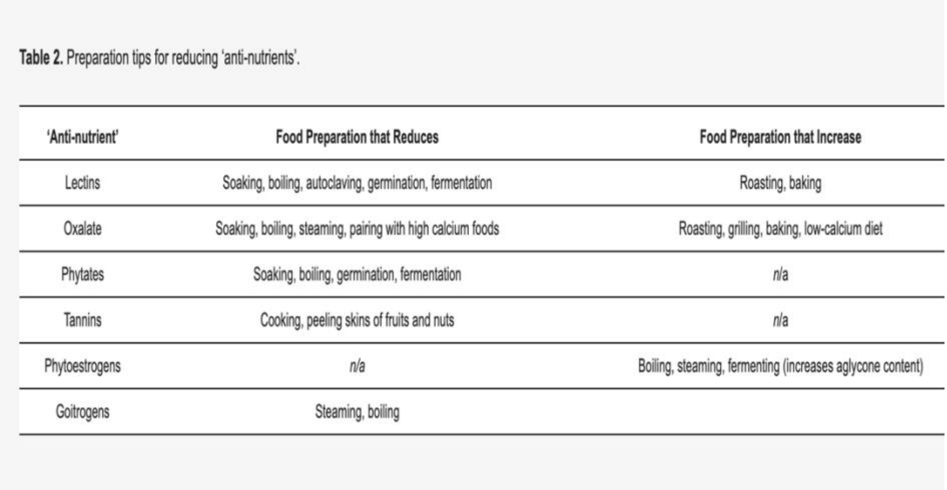

Table 2. Preparation tips for reducing 'anti-nutrients'.

'Anti-nutrient'	Food Preparation that Reduces	Food Preparation that Increase
Lectins	Soaking, boiling, autoclaving, germination, fermentation	Roasting, baking
Oxalate	Soaking, boiling, steaming, pairing with high calcium foods	Roasting, grilling, baking, low-calcium diet
Phytates	Soaking, boiling, germination, fermentation	*n/a*
Tannins	Cooking, peeling skins of fruits and nuts	*n/a*
Phytoestrogens	*n/a*	Boiling, steaming, fermenting (increases aglycone content)
Goitrogens	Steaming, boiling	

Notice roasting and baking both DEHYDRATION methods caused INC REASE of the anti-nutrients while, boiling, steaming, soaking etc methods DECREASED the anti-nutrients.

Phytoestrogens

Phytoestrogens are plant-derived polyphenolic dietary compounds with structural similarities to 17-β-estradiol (E2), the primary sex hormone in females. [20]

Due to the hormonal impact of the phytoestrogens cooking has little to no impact on the anti-nutrients. Aromatase being the main one of note that has adverse impact.

Phytates

Phytate, also known as phytic acid or *myo*-inositol hexaphosphate (IP6), is another commonly considered “anti-nutrient” widely distributed in amongst the plant kingdom. It primarily serves as storage for plant phosphate, as an energy source, and antioxidant for germinating seeds. These phosphate groups act as strong chelators, readily binding to mineral cations.[21]

These complexes are insoluble at neutral pH values (6–7), and cannot be digested by human enzymes, thus could decrease mineral bioavailability in high-phytate, homogenous diets.

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[20] Rietjens, I.M.; Louisse, J.; Beekmann, K. The potential health effects of dietary phytoestrogens. *Br. J. Pharmacol.* **2016**, *174*, 1263–1280

[21] Buades, J.M.; Cortés, P.S.; Bestard, J.P.; Freixedas, F.G. Plant phosphates, phytate and pathological calcifications in chronic kidney disease. *Nefrología (English Edition)* **2017**, *37*, 20–28

Processing techniques such as soaking, fermentation, sprouting, germinating, and cooking can significantly alter phytate content in grains and legumes, allowing for increased mineral availability. Cooking of legumes for 1 h at 95 °C resulted in up to a 23% loss in yellow split peas, 20–80% loss in lentils, and 11% loss in chickpeas.

Tannins

Tannins are a broad class of polyphenol compounds of high molecular weight (500–3000 Daltons) ubiquitously present in commonly consumed plant foods and are responsible for the astringent taste of many fruits and beverages.[22]

Due to their phenolic nature, tannins are chemically reactive, forming intra- and inter-molecular hydrogen bonds with macromolecules like proteins and carbohydrates. This lends to their role in plant defense
Tannins may act as antioxidants by scavenging free radicals, although their ability to act as chelators have also been reported to inhibit the absorption of dietary minerals such as iron, copper, and zinc.[23]
Cooking and processing may decrease total catechin content in some foods. Arts et al. reported reductions in rhubarb, broad beans and pears by 28, 58 and 26%,

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[22] De Jesus, N.Z.T.; Falcão, H.D.S.; Gomes, I.F.; Leite, T.J.D.A.; Lima, G.R.D.M.; Barbosa-Filho, J.; Tavares, J.F.; Da Silva, M.S.; De Athayde-Filho, P.F.; Batista, L. Tannins, Peptic Ulcers and Related Mechanisms. *Int. J. Mol. Sci.* **2012**, *13*, 3203–3228

[23] Karamać, M. Chelation of Cu(II), Zn(II), and Fe(II) by Tannin Constituents of Selected Edible Nuts. *Int. J. Mol. Sci.* **2009**, *10*, 5485–5497

respectively, although a majority of catechin-rich foods, like fruits, are consumed raw. Removing the skins from nuts may reduce phenolic content by up to 90%.[24]

COOKING VEGETABLES VS RAW

The findings are undeniable. Cooking via boiling steaming soaking removes almost all impact of anti-nutrients leaving the plant-based nutrients in place to be a healthy nutrient dense food to be consumed.

EPIGENOMIC IMPACT

We have found that Lectins and oxalates because of their binding mechanisms can adversely impact minerals (zinc, iron, selenium etc) all important to epigenetic functions. These anti nutrients have been found to cause red blood cell agglutination and other issues and thus their secondary impact is epigenomic. Their primary impact being mainly adverse to minerals, red blood cells, and for goitrogens the thyroid functions and minerals associated with the thyroid (iodine, potassium, vitamin d3). Take the advice of the studies found here and either avoid these types of vegetables or cook them properly to avoid epigenetic and nutritional adverse consequences.

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[24] Arts, I.C.W.; Van De Putte, B.; Hollman, P.C.H. Catechin Contents of Foods Commonly Consumed in The Netherlands. 1. Fruits, Vegetables, Staple Foods, and Processed Foods. *J. Agric. Food Chem.* **2000**, *48*, 1746–1751

Chapter 5 Bio chimerism/Microchimerism - Sexual Mating Art & Science of Genetic Health

Microchimerism is the presence of cells from one individual in another genetically distinct individual. Pregnancy is the main cause of natural microchimerism through transplacental bi-directional cell trafficking between mother and fetus. Also, girls with older brothers have a chance to have the DNA of their big brother, as the mother will have traces of her son's cells.
As to this subject, scientists have been looking in the wrong direction. They should not be looking for the DNA of men who have sex with women. They should be looking for epigenetics of the man in the woman.

Evidence is accumulating that pre-conceptional exposure to certain lifestyle and environmental factors, such as diet, physical activity, and smoking, affects the phenotype of the next generation through remodeling of the epigenetic blueprint of spermatozoa.[25]

So The quality or lack thereof in a man's behaviors before conception shape and impact the child and mother after conception and sex. The lifestyle events are sharable epigenetically. EXAMPLE – If the man was an alcoholic every adverse impact of alcohol on his body is shareable via his sperm.

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[25] Sperm epigenetics and influence of environmental factors by Ida Donkin & Romain Barres

"For men who have unexplained infertility, everything may look normal at the doctor's: normal semen counts, normal motility. Yet they can still have problems conceiving,
"One explanation for persistent problems is histones being in the wrong location, which may affect sperm and then early development. Now, we have a really good model to study what happens when you don't get rid of the histones appropriately in the sperm and what that may look like in the embryo[26]

It has been found that the proteins in a male semen trigger several genes in females,
"We tested here the effects of one enigmatic seminal fluid protein, known as the 'sex peptide', and found it to change the expression of a remarkable array of many genes in females- both across time and in different parts of the body."[27]

Researchers identified significant changes to genes linked to:

- *early embryogenesis*

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[26] Uncovering a defective sperm epigenome that leads to male infertility by Lacey J Luense

[27] UEA's school of Biological Sciences Research Professor Tracey Chapman

- *egg development*
- *nutrient sensing*
- *behavior*
- *phototransduction– the pathways by which they see*

This demonstrated that females' behavior and reproductive system is affected by a direct and global influence of males. In other words, the semen protein is a 'master regulator'[28]

A Major issue here is that even if the woman has no long term plans to be with the man her body believes the investment is long term and makes long term epigenetic adjustments. This occurs with each man and begins to increase DNA methylation to the woman's immune system disadvantage.

"An additional and intriguing twist is that the effects of semen proteins can favor the interests of males whilst generating costs in females, resulting in sexual conflict.

For example, there can be a tug-of-war, where males employ semen proteins to ensure that females make a large investment in the current brood- even if that doesn't suit the longer-term interests of females."[29]

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[28] Sex Can Cause Genetic Changes in Women by Sarah Glynn

[29] UEA's school of Biological Sciences Research Professor Tracey Chapman

Not only is the crossing of sperm from multiple partners impacting the woman, its impacting every subsequent child a woman has. This simply means a previous partner can epigenetically impact a future child that is not even his. The research has been proven.

The genetic tests showed that even though the second male fertilized the eggs, the offsprings' size was determine by the condition of the first male," she says of her findings, published in the journal Ecology Letters. *"The cool thing is that the non-genetic effects we are seeing are not necessarily tied to the fertilization itself."*
Cool, or really disturbing. The implications of the study are that any mates a female has had may leave some legacy—in the form of physical or other traits that are carried in the semen (but not the DNA-containing sperm)—that could show up in her future offspring with another mate.[30]

These experiments show that DNA methylation and demthylation acetylation or deacetylation are sexually exchangeable sort of like an STD. A normally fertile woman can increase chances of infertility by having sex with a man that is infertile. She could increase her chances of fertility by having sex with a man who is very fertile.

Homologous recombination *typically takes place at designated sites along the chromosome (de Massy, 2013). For instance, in primates and mice, recombination only occurs at locations where a protein called PRDM9 has bound to specific DNA motifs it recognizes (Grey et al., 2018). At these locations, PRDM9 modifies one of the*

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[30] How Previous Sex Partners Impact Offspring by Alice Park

histones (histone H3) that package DNA into chromatin by adding a methyl group to two of its amino acid residues (lysine 4 and lysine 36): this creates an epigenetic mark that provides an additional layer of information (on top of the genetic code) that can be read by certain proteins (Figure 1). For a protein to read the epigenetic marks deposited by PRDM9, it ***must be present in cells undergoing meiosis*** *and contain domains that can bind to both modified sites in the histone*. [31]

Three groups based in China, the United States and United Kingdom report that a protein called ***ZCWPW1*** *is able to read the sites where* ***PRDM9 has modified histone H3****. Todd Macfarlan, from the Eunice Kennedy Shriver National Institute of Child Health and Human Development, and co-workers showed that ZCWPW1 identifies and binds to these histone marks 'in vitro'. The team also found ZCWPW1 attached to sites bound by PRDM9 in* ***live spermatocytes*** *– cells that meiotically divide to form sperm.*[32]

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[31] Sexual Reproduction: Reading the epigenetic code for exchanging DNA by Mathilde Biot, Bernard De Massy

[32] IBID

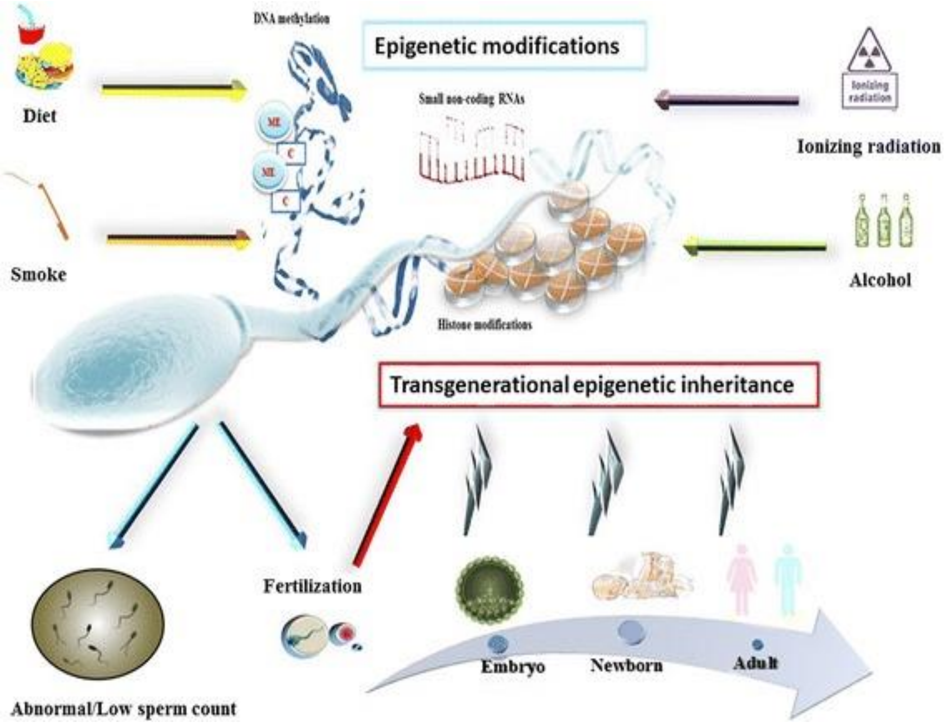

Fig. 2
Epigenetic alterations induced by lifestyle and environmental factors (diet, smoking, radiation, alcohol consumption, etc.) can have substantial effects on the sperm function. As a first consequence, these modifications can induce sperm alterations leading to impairment of male fertility. When fertilization occurs, spontaneously or by ART, transgenerational epigenetic effects can be observed, in details leading to (1) alterations of embryo development, (2) congenital diseases at birth, and (3) late onset diseases (obesity, hypertension, diabetes, etc.) in the adult life

Two people having sexual relations exchange methyls and acetyls that trigger these genes. Those methyls and acetyls are ON/OFF switches for genes. If one body doesn't have those methyls but receives them from another person. They could end up triggering ON switches where OFF switches were in operation.

(Oral Contraceptives) OC use induced many changes in hematological and plasmatic markers, modifying hormonal levels, endothelial function, inflammation index and some redox state parameters, producing a perturbation of the internal milieu that impacted macrophagic function. In fact, different levels of estrogen receptor expression and release of TNFα were observed in macrophages derived from OC users. Some of the above activities were linked to the androgenic properties of progestin.[33]

This study proves the birth control (OC) changed markers on blood, immune cells (macrophages), hormones, and inflammation markers as zinc is a key mineral in semen and zinc has been found to modify inflammation markers.

The mechanisms by which oral contraceptives instigate neurodevelopmental changes is slowly emerging. It appears that in addition to preventing pregnancy, synthetic hormones like ethinylestradiol, used in most birth control formulations, initiate epigenetic alterations in the oocytes (eggs) causing persistent changes in expression of the estrogen receptor beta gene (ERβ). When those eggs become fertilized and conception ensues, the changes in the estrogen receptor gene impact the expression of autism and other neurodevelopmental disorders

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[33] Oral contraceptives modify DNA methylation and monocyte-derived macrophage function by IILaria Campesi, Manuela Sanna, Angelo Zenellu

Ethinylestradiol is a known endocrine disruptor. Anything that disrupts endogenous hormones can be considered an endocrine disruptor. Evidence is emerging that ethinylestradiol may trigger what is called DNA methylation of the estrogen receptor gene. This then causes decreased messenger RNA resulting in impaired brain estrogen signaling in offspring.[34]

Methylation means that, by way of a chemical process, a gene is turned on (hypomethylation) or turned off (methylation) by an enzyme or protein. Researchers believe that methylation is one of a number of mechanisms by which environmental interactions influence genetic activity. In this case, ethinylestradiol silences or turns off some important processes that are associated with estrogen signaling, namely receptor activity. Methylation and other epigenetic reactions influence health and disease processes across generations. This is called transgenerational transmission.

An OC (oral contraceptive) was discontinued in 1979 when it was discovered it led to vaginal adenocarcinoma is exposed daughters. Since that time intrauterine DES exposure has resulted in many complications in female and male

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[34] Strifert, K (2014) The link between oral contraceptive use and prevalence in autism spectrum disorder. Medical Hypotheses December 2014 Volume 83, Issue 6, Pages 718–725

offspring, including T Shaped uteri, uterine fibroids, hypospadias, subfertility and intertility, early menopause, immune system disorders, psychosexual disturbances, increased breast cancer, . Although some adverse experiences appear early, such as vaginal cancers in young women, others are emerging as the exposed population ages, suggesting lifelong memories in hormones and cells.[35]

Masculine & Feminine Foods

Nope it's Not made up mumbo jumbo. There are masculine foods and feminine foods.
YES, those masculine foods impact hormones genes etc.
As we have discussed, there are others that are super feminine foods (phytoestrogens).
Not identifying these foods while pregnant will have drastic impact upon the stability of the gender of the child.
This proves two things
1) nature gave us gender as the most atble way to avoid distinction in species
2) any instability from environmental factors that disturb gender should be removed from our lifestyles as promoting them is promoting biological EXTINCTION.

We cover the charts, lists, and details of distinguishing between these two types of foods throughout this material.

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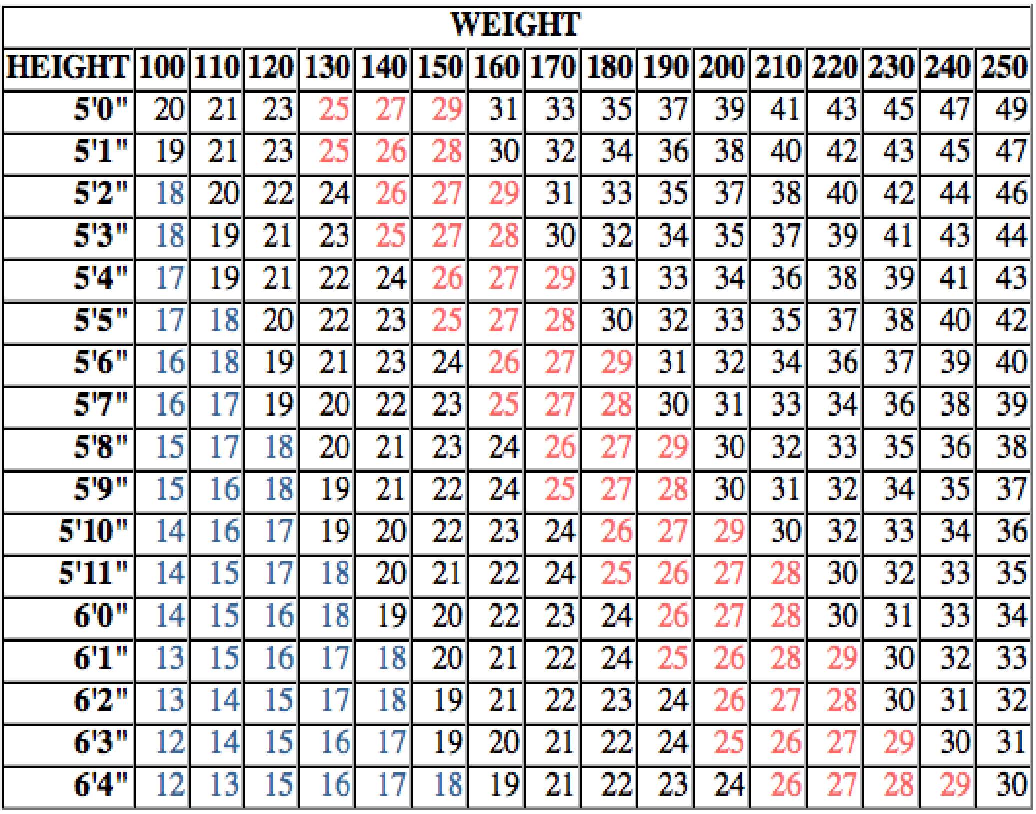
[35] Estrogen Imprinting: When Your Epigenetic Memories Come back to Haunt You by Gail S Prins, University of Illinois at Chicago

Chapter 6 The Healthy Science of Weight Loss & Weight Gain

BMI weight ranges

- Less than 18.5 = Underweight
- Between 18.5 - 24.9 = Healthy Weight
- Between 25 - 29.9 = Overweight
- Over 30 = Obese
  - BMI INDEX- Add 10 Pounds to apply variance for Indigenous density in Bone structures & natural genetic muscle mass variance



	WEIGHT															
HEIGHT	**100**	**110**	**120**	**130**	**140**	**150**	**160**	**170**	**180**	**190**	**200**	**210**	**220**	**230**	**240**	**250**
5'0"	20	21	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'1"	19	21	23	25	26	28	30	32	34	36	38	40	42	43	45	47
5'2"	18	20	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'3"	18	19	21	23	25	27	28	30	32	34	35	37	39	41	43	44
5'4"	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	43
5'5"	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	42
5'6"	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'7"	16	17	19	20	22	23	25	27	28	30	31	33	34	36	38	39
5'8"	15	17	18	20	21	23	24	26	27	29	30	32	33	35	36	38
5'9"	15	16	18	19	21	22	24	25	27	28	30	31	32	34	35	37
5'10"	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36
5'11"	14	15	17	18	20	21	22	24	25	26	27	28	30	32	33	35
6'0"	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'1"	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33
6'2"	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'3"	12	14	15	16	17	19	20	21	22	24	25	26	27	29	30	31
6'4"	12	13	15	16	17	18	19	21	22	23	24	26	27	28	29	30

BMI INDEX- Add 10 Pounds to apply variance for Indigenous density in Bone structures & natural genetic muscle mass variance

One of the greatest misconceptions about being overweight or underweight is the subject of inheritance. People often BELIEVE they are SENTENCED to whatever genes their parents have and thus if their parents have any one of these issues of being overweight or underweight so be it, that's their destiny. This is very inaccurate. Here we encounter the number one problem, the knowledge gap. The thing that must be overcome is IGNORANCE. GENES CHANGE. Genes can be turned ON and OFF and approximately 80% of the ON/OFF switch is controlled EPIGENETICALLY.

WHAT IS THE EPIGENOME?

The term epigenome is derived from the Greek word epi which literally means "above" the genome. The epigenome consists of chemical compounds that modify, or mark, the genome in a way that tells it what to do, where to do it, and when to do it. Different cells have different epigenetic marks. These epigenetic marks, which are not part of the DNA itself, can be passed on from cell to cell as cells divide, and from one generation to the next.[36]

We can change our epigenomes (thus our gene expression) via these 8 proper things and regulate our proper weight loss and proper weight gain:

A) nutrition,
B) exercise,
C) Sunlight - increasing our exposure to outside,
D) supplementation,
E) meditation – Breathing Exercises- Stress reduction
F) good rest,
G) increasing creativity, and
H) having lots of fun.

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[36] NIH National Human Genome Research Institute

These are ALL Things within our control and with some specific knowledge that comes via this book you can cancel any supposed sentence.

WEIGHT GAIN

1) Eat 1 Meal A day (4-7 pm) and one large snack (1pm-3pm) daily. No breakfast. No eating after 9 pm. Chew food thoroughly before swallowing

2) Sleep in warn temperatures to slow the burn of any fats at night while sleep.

3) Use Quinoa & Fonio for all 9 essential amino acids you MUST get from Nutrition. Hemp Yeah Supplement Cacao Manuka Honey and Coconut milk in a warm drink at least 3 times a week for dense nutritional supplement

4) Use purple Gracialaria Sea Moss with Fulvic Acid Mineral Complex at least twice a week. Rinse the sea moss with organic pure lime juice. Boil it in Spring Water till it dissolves. Blend it in a Blender then store in frig till it turns to a gel. Add it to smoothies juices etc or purchase our Sea Moss.

5) Gett all 9 essential aminos from quinoa, watermelon seeds, brazil nuts, hemp seeds and fonio. Supplement with *Advanced Bio Nutritional's* essential amino acids.

6) Do not drink a water with a PH of over 7.5. It will create too much alkalinity and change the PH of your hydrochloric acid and decrease catabolizing of your

food and cause you not to assimilate nutrients properly

7) Do not Fast longer than 72 hours or more than once a month. Puree soups Fonio Quinoa and amaranth for maximum absorption of nutrients

8) Take a mineral supplement like fulvic acid to increase mineral intake as most foods do not have them. Or order Nutraplex.

9) Take CBD or Cannabis with THC to increase appetite.

10) Exercise with free weights and High Interval Training to increase muscles

WEIGHT LOSS

1) Make Lemonade and lime aide sweetened with Manuka honey your second drink after pure water daily

2) Always sleep in a cool to cold room – it turns the body temperature up to burn visceral fat while you are sleep. Sleep Naked. Try it one night and weigh yourself the next morning. You will be surprised.

3) Take our NMN supplement (YIN RG) every day ONLY in the morning to increase NAD levels and have metabolism optimal and 10 times more energy than you have now. You will never feel fatigue during the day. NEVER TAKE IT AT NIGHT.

4) Before bed drink a tea with valerian or chamomile lime juice apple cider vinegar (raw mother) and cinnamon. You will burn visceral fat during sleep

5) Fast once a month for 3 days liquids only the last weekend of the month Thursday- Sunday week (72 Hour Fast). It's the Best Detox Fast

6) Exercise at least 4 times a week for 30 minutes Walking and High Interval Training ONLY with our recommended reps and breathing style during exercise

7) Get deeper sleep by turning off all lights lamps television phones etc to sleep in total darkness so that you get full melatonin

8) Go Outside to get sunlight daily for at least 1 hour, Ot will increase Vitamin D3 naturally which fights off pathogens and their attempts to control Leptin and ghrelin the hunger hormones. It also releases mitochondrial melatonin the most powerful antioxidant which will keep cells clean and not overflowing with wastes and free radicals

9) Follow Our DO NOT EAT Food Guide. It is the ONLY food guide based on the genetics of Us and Plants

10) Follow Our Healing Thyself Nutritional Guide to learn exactly what to Eat

Chapter 7 Solar Nutritional Science - Hormone D3 Melanin and genetic enhancement

UVB radiation (Sunlight) and a fat (lipid) molecule (7 dehydrocholesterol) work together to make hormone D3 misnamed vitamin D3. Vit D3 controls over 1000 genes in the body telling them what to make, and directing function. This book details how sick you can get and weak without sunlight. The sun is a nutrient to the people with hue-melanin. Not only does UVB radiation increase melanin peptides in melanocytes, it increases vitamin d3. Scienttists speculated that melanin and Vit d3 had to compete for the UVB. Now our lab had found melanin and vitd3 work together in concert in and epigenetic manner, especially in concert with the immune system.

In our AMA studies on melanin we found ou that Sun bathing decreased hunger. After extensive clinical trials observing this phenomena we found that MSH and MCH were responsible for stimulating synthesis and secretion of leptin, the hormone secreted when the body is FULL and has assimilated energy necessary for sustenance of the body’s nutritional needs. Yet we had one big question, If the participants in the study were fasting up to 72 hours and only bathing in the sun and drinking water, where were they getting nutrients? What we found in that hue-melanin bodies go through photosynthesis in the same way that chlorophyll-based plants do.

Glucose levels dropped with various fats then glucose levels increased while still fasting after day 2 in a participant closer to proper BMI levels and after day 3 in the party with more visceral fat.

This proved to me that somehow the melanin interaction was able to synthesize energy. It also proved that Melanin is involved in the process of DNA repair and longevity as Ii stimulates caloric restriction, which epigenetic studies pre-clinical and clinical trials show is the KEY to increasing stimulation of longevity genes and the repair agents they synthesize to repair DNA.

Pre-Clinical Evidence

A natural melanin extracted from Sepiella japonica ink (MSJI) is a polymer with antioxidant properties. In this study, the effects of MSJI treatment on microRNAs differentially expressed during aging in mimetic mice were investigated. The results revealed that 8 miRNAs: mmu-miR-1971, mmu-miR-3070b-3p, mmu-miR-320-3p, mmu-miR-342-3p, mmu-miR-350-3p, mmu-miR-5132-5p, mmu-miR-697, and mmu-miR-712-5p showed significantly different expression between mice treated with MSJI gavage and aging mice. GO analysis and signaling pathway analysis revealed that the predicted target genes were involved in diverse biological processes such as steroid and cholesterol metabolism, xenobiotic, demethylation, and circadian regulation of gene expression, suggesting a potential role in antiaging. The dual-luciferase reporter gene assay confirmed the downregulation of mmu-miR-697 in HS samples and targeting of the Gpt2 which plays an important role in aging. ***This study supports the hypothesis that MSJI prolongs the cell cycle by acting as an antioxidant to delay decrepitude***.[37]

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[37] Changes in microRNAs Expression Profile of Mimetic Aging Mice Treated with Melanin from Sepiella japonica Ink by Meng Han, Yun Zhao, Weiwei Song

Now the studies on Leptin and Melanin Hormones.

Melanin-concentrating hormone (MCH) is a hypothalamic peptide that is important in the regulation of feeding behavior, primarily via uncharacterized signaling pathways in the central nervous system. Leptin, expressed in adipose tissue, mediates some of its actions through several hypothalamic neuropeptides, notably agouti-related peptide, proopiomelanocortin, and neuropeptide Y. Expression of leptin is regulated by dietary status, insulin, and glucocorticoids. Furthermore, certain neuropeptides may act on adipocytes. However, the potential effect of MCH has not been investigated. ***We report that MCH stimulates leptin mRNA expression and leptin secretion***. [38]

It was also found in the study that Melanin Hormone receptors were found in adipocytes (fat Cells).

In addition, we demonstrate that the MCH receptor SLC-1 is expressed in adipocytes, suggesting that fat cells may be targets of MCH or an MCH-like peptide under physiological conditions.[39]

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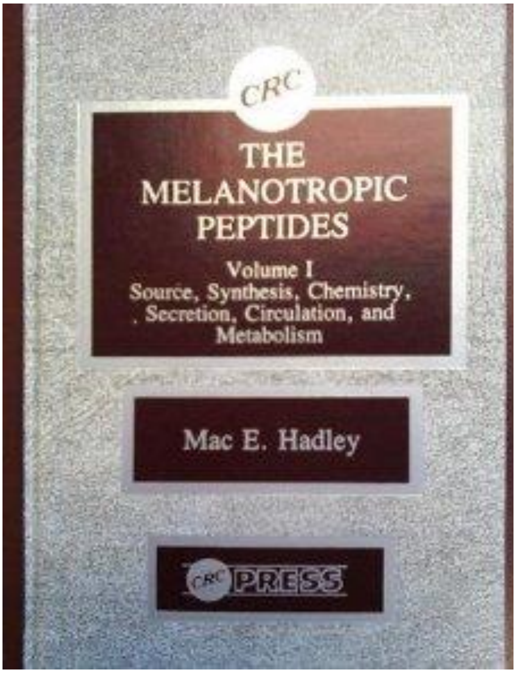
[38] Melanin-concentrating hormone regulates leptin synthesis and secretion in rat adipocytes by R L Bradley

[39] IBID



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THE MELANOTROPIC PEPTIDES

Volume I
Source, Synthesis, Chemistry,
, Secretion, Circulation, and
Metabolism

Mac E. Hadley

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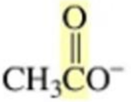
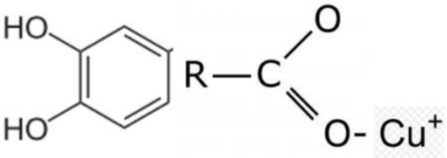
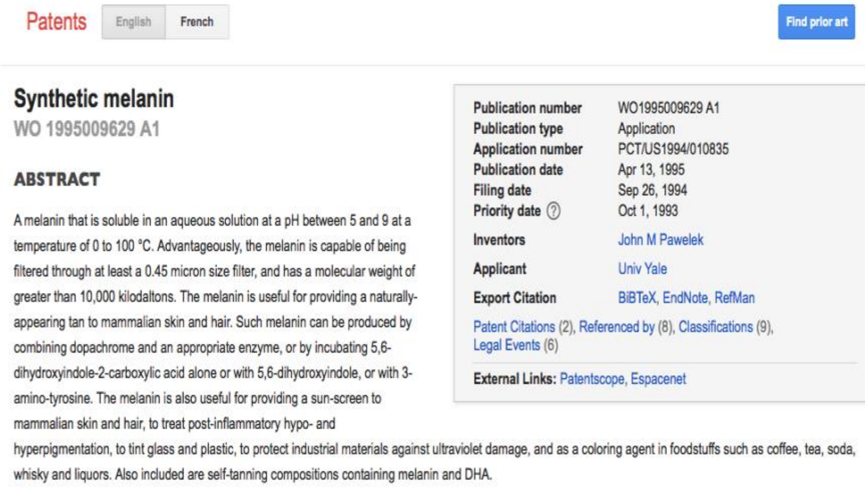


$CH_3\overset{O}{\overset{\|}{C}}O^-$

a carboxylate ion



- Melanin is the biochemical marker of life according to the thesis of the Aboriginal Medical Association. The proper term for it is a carboxylate salt with dihydroxyindole. In its original state (Black skin with blue green resonance) It is composed of a carboxylate ion, a methyl hydrocarbon, dihydroxyindole, and trace mineral(s) bound to it (specifically Copper).



Synthetic melanin

WO 1995009629 A1

ABSTRACT

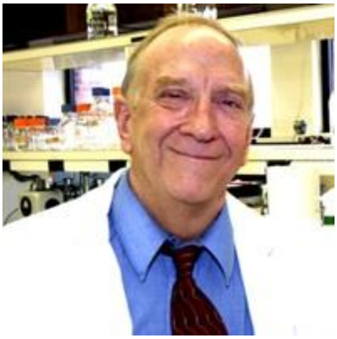
A melanin that is soluble in an aqueous solution at a pH between 5 and 9 at a temperature of 0 to 100 °C. Advantageously, the melanin is capable of being filtered through at least a 0.45 micron size filter, and has a molecular weight of greater than 10,000 kilodaltons. The melanin is useful for providing a naturally-appearing tan to mammalian skin and hair. Such melanin can be produced by combining dopachrome and an appropriate enzyme, or by incubating 5,6-dihydroxyindole-2-carboxylic acid alone or with 5,6-dihydroxyindole, or with 3-amino-tyrosine. The melanin is also useful for providing a sun-screen to mammalian skin and hair, to treat post-inflammatory hypo- and hyperpigmentation, to tint glass and plastic, to protect industrial materials against ultraviolet damage, and as a coloring agent in foodstuffs such as coffee, tea, soda, whisky and liquors. Also included are self-tanning compositions containing melanin and DHA.

Publication number	WO1995009629 A1
Publication type	Application
Application number	PCT/US1994/010835
Publication date	Apr 13, 1995
Filing date	Sep 26, 1994
Priority date	Oct 1, 1993
Inventors	John M Pawelek
Applicant	Univ Yale
Export Citation	BiBTeX, EndNote, RefMan

Patent Citations (2), Referenced by (8), Classifications (9), Legal Events (6)

External Links: Patentscope, Espacenet

Scientists have been attempting to make synthetic melanin for decades using the same base formulas of a carboxylic acid or ion base with dihydroxyindole with added amines (primary) to reduce the frequency valence of the attenuation and absorption. John M Pawelek of the University of Yale created synthetic Melanin patent # WO1995009629 A1 in 1994



John Pawalek is a longtime member of the research faculty in the Department of Dermatology, Yale School of Medicine. His current research interests focus on cancer cell fusion with migratory white blood cells as a mechanism of metastasis. He has authored nearly 200 peer-reviewed papers in the areas of skin pigmentation and melanoma and is past president of the Pan American Society for Pigment Cell Research. He has published seminal works on melanocortin-1 receptors, melanocortin action and UV light, and the enzymology of melanogenesis--including discovery of the melanogenesis enzyme dopachrome tautomerase. He has won several awards for this work, including the PASPCR Career Achievement Award, the IFPCS inaugural award of the Henry Stanley Raper Medal, and the Japanese Society for Pigment Cell Research award of the Takeuchi Medal. He was honored in June, 2010 when the inaugural “John M. Pawelek Lecture” was presented at the 4th Meeting of the ASPCR in Guanzhou, China. He frequently lectures at scientific conferences in the US and abroad.

In observing the varying reactions to the sun between eu-melanin (Aboriginals & Africans) vs pheo-melanin)European & Asian) its obvious from phenotypical reactions the genotypes are different. We do find greater diversity in genes amongst Aboriginals & Africans. The most startling discoveries though are the different between the actual nucleotides. (ATCG Adenine thymine cytosine and guanine) make up the DNA of ALL organisms and all humans. However, the actual structure of these nucleotides VARIES GREATLY by said race which explains the different reactions we get from the Sun. Our DNA molecules are NOT THE SAME STRICTURE. They have just been NAMED THE SAME and they Should not be because they ARE NOT THE SAME.

A resequencing study of 3873 genes in 154 chromosomes from European, Latino/Hispanic, Asian, and African American populations observed that African Americans had the highest percentage of rare single nucleotide polymorphisms (SNPs) (64%) and the lowest percentage of common SNPs (36%). [40]

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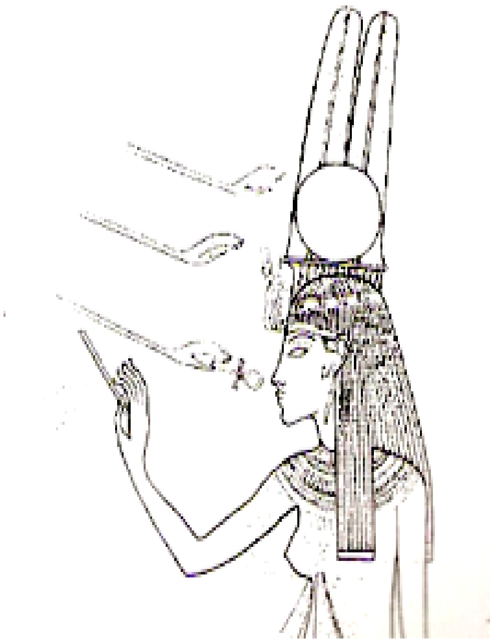
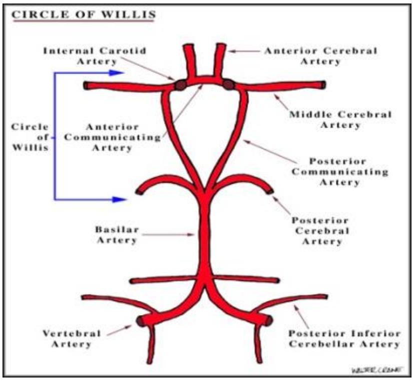
[40] Tishkoff SA, Kidd KK. Implications of biogeography of human populations for 'race' and medicine. Nat. Genet. 2004;36:S21–S27

Gn-Rh Neuro-Hormone Impacted. By Melanin Hormones

- GnRH neurons originate in the nose and migrate into the brain, where they are scattered throughout the medial septum and hypothalamus and connected by very long >1-millimeter-long dendrites. These bundle together so they receive shared synaptic input, a process that allows them to synchronize their GnRH release
- Source:
- Campbell RE, Gaidamaka G, Han SK, Herbison AE (June 2009). "Dendro-dendritic bundling and shared synapses between gonadotropin-releasing hormone neurons". Proc. Natl. Acad. Sci. U.S.A. 106





They didn’t worship the Sun. They were scientists who venerated its importance to their biologies. In walks a group (race) who are basically allergic to UVB radiation from the Sun. So they give it less emphasis in nutrition etc. That’s called scientific racism. The Remedy? Indigenous Peoples MUST build their own institutions without interference to address THEIR BIOLOGY.
Back to the subject of radiation (Light). The electromagnetic spectrum is proved to have an impact on our bodies via our ability to synthesize eu-melanin and vitamin d3 aka hormone d3 from light (Radiation).

Dr Harold Saxton Burr agreed. He did a 40-year study at Harvard on the impact of electromagnetic radiation on diagnostics and pathology. He developed a technology to do diagnostics using electromagnetism. He found that,

“One of the ways the chromosomes impart design to the protoplasm is through the medium of an electro-dynamic field.”[41]

So, the Sun is turning ON and OFF genes in US. Its also stimulates repair agents for our DNA.

The same chromosomal region that synthesizes the cholesterol lipid known as the gene DHCR7 that makes cholecalciferol the hormone that becomes Vitamin d3 in the liver has the 10-11 translocation enzymes discovered from longevity sirtuin genes that actually demethylate and deacetylate DNA to set it to its younger age. We now know melanin’s role in this process and Vitamin d3s role. Those categories are DNA repair which sets back a clock to earlier ages and a boost in synthesizing immune cells that destroy the 6 pathogens (viruses, bacteria, yeast, fungi, prions [extracellular reprogrammed RNA] and parasites).

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[41] BLUEPRINT FOR IMMORTALITY: THE ELECTRIC PATTERNS OF LIFE page 71

The massive projects for sun blocking and chemtrails to use sulfur isotopes to block out sun are clear biowarfare operations against indigenous peoples.

If light can be the catalyst to control genes how are we THE SAME as people allergic to UVB light?
Chemtrails are an act of genocide designed to impact people who NEED the Sun for nutrition

The vitamin D receptor and Immunity

The vitamin D receptor (VDR) is a nuclear, ligand-dependent transcription factor that in complex with hormonally active vitamin D, 1,25(OH)2D3, regulates the expression of more than 900 genes involved in a wide array of physiological functions. Yes Vitamin d properly termed Hormone d3 controls almost 1000 genes. The impact of 1,25(OH)2D3-VDR ***signaling on immune function*** has been the focus of many recent studies as a link between VDR (Vitamin d3 receptor) deficiency and susceptibility to various ***infections and to development of a variety of inflammatory diseases has been suggested***. It is also becoming increasingly clear that microbes (parasites) slow down immune reactivity by shutting down the vitamin d3 receptor ultimately to increase their chance of survival. Immune modulatory therapies that enhance VDR expression and activity are therefore considered in the clinic today to a greater extent.
Wait a sec. Why not just advise getting more sun as a therapy? Again, the medical racism surfaces. In walks AMA as we cannot wait on outsiders to tell us the Sun heals. That’s our work.

As T cells are of great importance for both protective immunity and development of inflammatory diseases a variety of studies have been engaged investigating the impact of Vitamin D3 receptor expression in T cells and found that ***VDR expression and activity plays an important role in both T cell development, differentiation and effector function***.

The purpose of the immune system is to recognize and clear pathogens from the body. However, occasionally unwanted immune reactions against self-tissue that lead to autoimmune diseases occur. The frequency of autoimmune diseases such as type 1 diabetes mellitus, rheumatoid arthritis, multiple sclerosis (MS), and inflammatory bowel disease, has been linked to geographic location with a higher incidence of these diseases at higher degrees of latitude (Low sunlight levels). One explanation of this geographical distribution is low exposure to sunlight and hence lower levels of vitamin D (25(OH)D3) at higher degrees of latitude, as confirmed by studies showing an association between low serum levels of Vitamin D3 and development of autoimmune diseases.[42] Low serum levels of D3 have also been linked to higher susceptibility to infections such as tuberculosis[43] influenza[44] HIV [45], respiratory syncytial virus[46] and viral infections of the upper respiratory tract[47]. It is therefore apparent that vitamin D plays a role in immune modulation. A recent acknowledgment that the majority of immune cells expresses the vitamin D receptor (VDR)[48] and also the enzyme CYP27B1 used for internal conversion of circulating 25(OH)D3 to the VDR-ligand 1,25(OH)2D3[49] has further strengthen this perception.

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Vitamin D, VDR, and T Cell Function
Mechanism of 1,25(OH)2D3Action

The cellular actions of 1,25(OH)2D3 are mediated by the VDR, a ligand-dependent transcription regulator molecule belonging to the superfamily of nuclear receptors. In the absence of Vitamin D3-VDR (Vitamin D3 Receptor) is mainly distributed to the cell cytoplasm.

Interaction of VDR with its ligand Vitamin D3 induces formation of two independent protein interaction surfaces on the VDR, one that facilitates association with the retinoid X receptor (RXR) necessary for DNA binding, and one that is required for recruitment of co-regulators necessary for gene editing. Following interaction with Liver transformed vitamin D3, VDR chelates to RXR and translocates to the ***nucleus where it binds to vitamin D response elements (VDRE) in vitamin D responsive genes***.

This is where Vitamin D3 acts as a gene editing hormone that fishes through transcription of genes to insure genetic integrity. THIS IS VITAL. Without Sunlight based nutrition we are not vetting our genetics for errors!!!!!

Depending on the target gene either co-activators or co-repressors are attracted to the VDR/RXR complexes to induce or repress gene transcription.[50] Even though details of how these co-regulatory complexes work are only slowly beginning to emerge, it is now evident that they include ATPase-containing nucleosomal remodeling capabilities, enzymes with chromatin histone modifying abilities (e.g., acetyl- or methyl-transferases) and proteins involved in recruitment of RNA polymerase II [51].

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[50] Nagpal, S., Na, S., and Rathnachalam, R. (2005). Noncalcemic actions of vitamin D receptor ligands. Endocr. Rev. 26, 662–687. doi:10.1210/er.2004-0002

Yes, it’s a fact Vitamin D3 from the liver with its ligand receptor form of Vitamin D3 goes to the nucleus to repair DNA, insure the progressive steps to make tissues is regulated for review to catch errors and synthesizes the proteins properly. Life without proper Sun equals SICKNESS AND DISEASE.

Overall, the cellular action of vitamin D therefore depends on sufficient production and delivery of 1,25(OH)2D3 and adequate expression of VDR and its associated proteins. Since the VDR in 1983 was reported to be expressed in immune cells an increasing effort to elucidate the importance of vitamin D on immune function has been undertaken. It has become increasingly clear that a major mechanism to control the immune regulatory effect of vitamin D is adjustment of the expression level and activity of the VDR (Vitamin D3 Receptor).

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Chapter 8 Breathing science -Oxygens Role in biological regeneration

What are we without breathing? Simply dead. Why do we actually need oxygen? It's what Oxygen does in the body. Did you know that if you don't breathe your heart will stop beating? Why? Because the lungs actually cause the heart to PUMP. It's a gas liquid pressured system and the heart is the valve. Measure your heart beat. Do an exercise. Breathe deep for 3 minutes. Go back and measure your heart beat. It decreased. Now breathe fast for 3 minutes, Measure your heart beat. Its faster. Yes the breathe controls the heart. Not only that Oxygen plays a huge role in cellular respiration.

Oxygen plays a vital role in energy production via a system called electron transport chain (ETC), which is an important component of cellular respiration. ... Oxygen acts as a final electron acceptor that helps move electrons down a chain that results in adenosine triphosphate production. No Oxygen no ATP, no cellular energy, so we die.

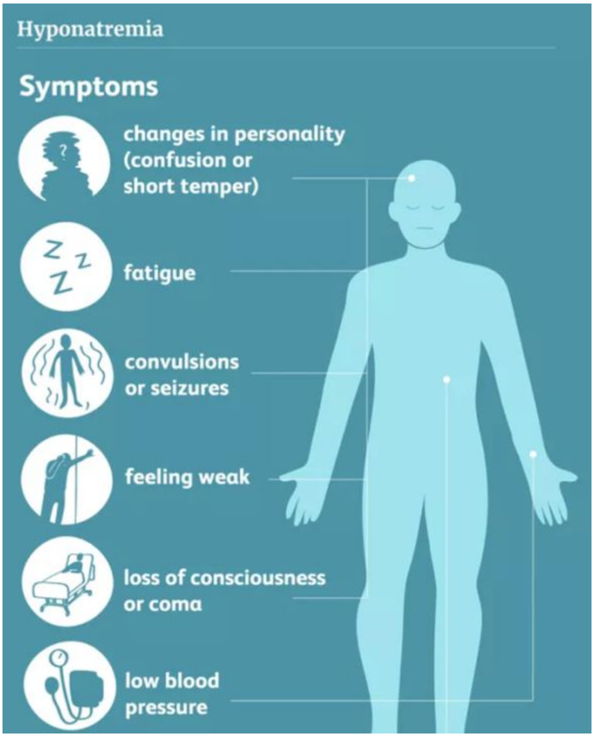
So, Oxygen catalyzes circulation by generating heart beats and controls the final process to start making ATP so cells can eat. Powerful.

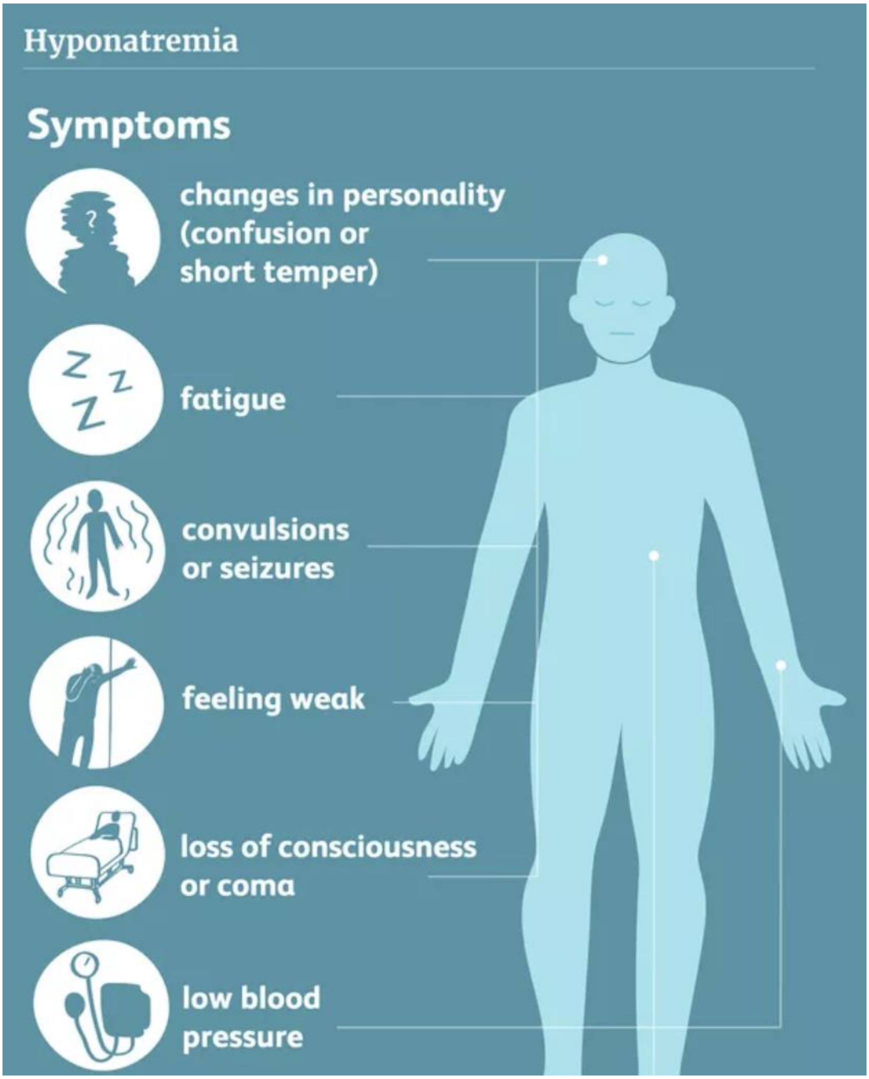
What happens when we live in inner cities? Less trees means less oxygen which means heart problems excess fatigue, which brings cellular stress and catapults into all kinds of health issues. When you think about where you wan to permanently live the amount of trees will impact your health. These are things we just don't consider yet when someone gets heart disease its hose considerations, environmental factors that could have saved them. Our Advanced Guide to Weight Loss Book goes over proper breathing exercise etc.

Chapter 9 Hydration Science -The Magic of Clean Water

OK Water is for sale everywhere. What water is healthy? How does toxic water impact my genes? What parameters should I use to select water.
Water is for hydration. Water requires minerals in the form of electrolytes to operate properly in the body.

What most modern health enthusiasts don't know is they either massively overdrink water or under hydrate because they don't know the best hydration tools. The best hydration tool is to eat fruit. The water in organic fruit is already biochemically safe, has the proper electrolyte minerals and assmiliates readily into tissues without requiring outside things to assist at assimilation.
Drinking too much water overworks the kidneys.
When you drink too much water,
your kidneys can't get rid of the excess water. The sodium content of your blood becomes diluted. This is called hyponatremia and it can be life-threatening.




Hyponatremia
Symptoms
changes in personality (confusion or short temper)
fatigue
convulsions or seizures
feeling weak
loss of consciousness or coma
low blood pressure

Recommendations on Water:

- Eat Fresh Fruit to break your daily fast (After 3pm) first.
- Eat and Abundance of Steamed or boiled vegetation and drink the water used to boil
- DO NOT under any circumstance drink tap water without proper filters to filter out toxic metals drug residues dumped into municipal and county water, and other toxins in tap water.
- Do not drink water excessively throughout the day. Drink only when thirsty
- Do not drink super alkaline waters regularly. You will disrupt the PH of your stomach acids.
- If you bottle water buy distilled water and add fulvic minerals to the water.
- The toxic metals in water (arsenic cadmium chromium lead mercury have all proven to have epigenetic impact. Diseases like autism etc are triggered by some of these metals.
- Also, drug companies get dumping rights and thus estrogen like chemicals have been found in water supplies. The Flint Michigan scare proved that large amounts of environmental toxins can adversely impact urban communities.

Chapter 10 Food Nutritional Science - Foods that turn On & Off Genes

There are all types of Trendy Diet theories out now. The Keto Diet, the Dr Sebi Plan, various forms of Intermittent fasting the Raw Food Diet, the Warrior Diet etc.
My recommendation is follow what we put out because we are basis these findings on Genetic findings biological variance amongst races and nutritional needs based on individual biology and biological needs based on genetics.

None of the above plans considers these realities and thus the injury to the people. Dr Sebi was one of the most renowned herbalists of his time but he was 6’3” 120pounds. He was sick. He talked of 90 day fasts etc. Then came the raw food diet craze. These diets were not based on science but trends. Veganism etc does not guarantee health if it’s not based on accumulation of empirical data and a well-founded knowledge of anatomy and physiology. If you asked many of these famous people what the purpose functions and placement of BAT (brown adipose tissue) was they would look confused, Nutrition should vary based upon gender biological race and personal genetics which requires the proper knowledge to provide this type of guidance. Also, agriculture has changed so much its literally impossible to get the proper nutrients if you don’t farm or know the science of supplementation based on real diagnostics.

So, what’s making people atrophy? Mineral Deficiency. Protein Deficiency. Lipid Deficiency. Vitamin Deficiency. Toxins that Interrupt Protein Transcription found in pesticides house hold products water and lack of Sunlight.
Here are the nutrients we need
28 Minerals
16 Vitamins
22 carboxylic Acids (8 essential) misnamed amino acids

2 Fatty Acids
So, we have 44 Essential Nutrients we need from outside of our bodies

The human body has 28 active minerals that operate physiological tasks and make up its structure.
They are:
Organic Basic Elements: 4
Carbon Hydrogen Oxygen (hybrid –Nitrogen)

Bulk Mineral Elements: 7
Calcium. Potassium, Sodium, Magnesium, Phosphorus. Chlorine, Sulfur

Trace Mineral Elements: 14
Iron, Copper, Zinc, Manganese, iodine, Selenium, Chromium, Vanadium, Silicon, Cobalt, Nickel, Arsenic, Molybdenum, Boron

Compounding Mineral Elements: 3
Lithium, Bromine, Fluorine

Besides these the human body is made up of carboxylic acids for structure, which have been misnamed amino acids. So it is our eternal LIFE SEARCH to get these minerals and carboxylic acids into our bodies. This means they must be in our soils and water for nutrition to exist, A deficit in one (soils & plants) creates a deficit in the other (Body).

Vitamins 16
A - (Sweet potatoes Pumpkins Squash Spianch mangoes Turnip Greens
C – (Baobob Camu Camu Citrus, Bell Peppers, Strawberries, tomatoes potatoes),
D2 - (Seaweeds Kelp Dulse Wakame Arame),

D3 Sunlight Pine Pollen Lichen Bison wild Salmon wild Tuna,
E – (Olive Oil Avocado Oil Grapeseed oil)
K – (Chard Cabbage Calabrese Broccoli, Dinosaur kale)
B1 – (Watermelon Acord Squash) ,
B2 – Green Leafy Vegetables Quinoa Amaranth Fonio),
B3 – (wild fish Broccoli made in the body from tryptophan,
B5 – (Avocados tomatoes) ,
B6 – (bananas watermelon lentils fish) ,
B12 (made from cobalt in the gut, fish)
B17 (almonds apricots peaches celery bean sprouts brazil nuts walnuts , macadamia (NEVER Mix these foods with Vitamin C or Citrus containing fruit. It converts the amygdalin to cyanide).
Biotin (bananas brazil nuts almonds walnuts)
Folate (asparagus avocados leafy green vegetables sunflower seeds)
Choline (Quinoa Broccoli Salmon Avocado Sweet potato)

Foods rich in almost all vitamins

Gracialaria Sea Moss

Protein Sources for Plant Based Eaters
Hemp
Seeds (Hemp, Watermelon, Pumpkin, Sunflower)
Tamarinds
Moringa leaf and seeds
Nuts (Brazil, Almond, Macadamia, Pine, Walnuts)
Artichokes
Coconut Meat
Fonio, Amaranth, Quinoa
NutraPlex, Plant Built,

Optimal gene expression via methylation

Survival requires

Sunlight
Oxygen
Water
Food
Sleep

Each one of the above impacts gene expression via synthesis of biochemicals that regulates their use in the body

Activating & deactivating molecules

Enzyme regulation

methyltetrahydrofolate reductase (MTHFR),

catechol-O-methyltransferase (COMT)

cystathione beta-synthase (CBS)

A persons snps (single nucleotide polymorphisms) regulates how well these enzymes work

Methylation nutrients include choline, betaine, methionine, folate, vitamins B12 and B6, as well as certain minerals like magnesium, zinc and sulfur

Methylation is critical to a multitude of metabolic processes including:

- Cell division, DNA and RNA synthesis
- Detoxification and hormone biotransformation
- Neurotransmitter biosynthesis
- CNS development and neural tube formation
- Histamine clearance
- Phospholipid synthesis
- Myelination of peripheral nerves

Pesticides put a strain on methylation pathways, another important reason to support organic practices.

DNA methyl transferases (DNMT). DNMT are the enzymes that carry out methylation, and are therefore the transcribers of epigenetic influences on gene expression. DMNT regulators include curcumin, ellagic acid, lycopene, quercetin, resveratrol, rosmarinic acid, and sulforaphane

Dark leafy greens are excellent sources of folate, B vitamins, and magnesium

Cruciferous vegetables

Aside from being detoxification superfoods, crucifers are also considered methylation adaptogens thanks to their sulforaphane and folate content. Cruciferous vegetables include arugula, broccoli, cabbage, Brussels sprouts, cauliflower, kale, and radish. These foods MUST BE COOKED to disable their anti-nutrients.

Beets

Beet root and their green leafy parts are nearly always included as part of optimal “methylation diets” because they are very high in betaine, a choline metabolite that acts as a methyl donor.

Beans and legumes

Lentils contain some of the highest amounts of folate and the trace mineral molybdenum per serving. Peas are also high in molybdenum, an important methylation mineral, as well as folate, copper and vitamin B1. Beans and legumes are also great sources of amino acids, which are important to maintaining healthy methionine levels. These foods which are high in lectins must be cooked by soaking boiling or steaming. As some of these are nitrogen fixators or phytonutrients (Feminine foods) we must read all parts of this material to understand whether its nutritious for us.

Okra

Popular in the southern United States, as well as certain parts of southeast Asia and the Middle East, okra is high in vitamin B6, B1, copper, magnesium and manganese – all important nutrient co-factors supporting proper methylation.

Seeds

Seeds are tiny nutrient powerhouses, high in folate, B vitamins and minerals. Pumpkin seed are potent sources of choline, magnesium and folate. Sunflower seeds are high in vitamins B1 and B6, folate, magnesium, copper, choline, betaine, and selenium. Sesame seeds are great sources of choline, thiamin, niacin, folate, copper, zinc, magnesium, and manganese. All seeds should be soaked in order to remove adverse impacts of phytates or the skins should be removed as these hold both the high phytic acid content and lectins which are adverse to our biologies.

Turmeric

Curcumin, a key phytonutrient in turmeric, is renown for its wide range of impressive health benefits. It is also a source of dietary choline, and has been shown to be a methylation adaptogen because of its ability to influence DNMT.

Rosemary

This popular herb contains some folate, but that’s not what makes it a methylation dynamo. Rosmarinic acid, one of the main phytonutrients in rosemary, is considered a methylation adaptogen because of it has been shown to regulate DNMT. Rosmarinic acid is present in both dried and fresh rosemary.

Berries

The phytonutrients present in berries, including anthocyanins, cholorogenic acid, ellagic acid and quercetin are epigenetically active, making them potent methylation adaptogens. Different berries contain different phytonutrient profiles, so it’s best to choose a variety of them, such as black currents, blueberries, raspberries, strawberries, goji berries (Watch for lectins must soak), and blackberries.

Black Tea

Epigallocatechin gallate, catechins and other flavonols may also benefit methylation activity. Researchers suspect that these phytonutrients may be able to favorably impact tumor suppressor genes via methylation.

Dr. Levi-Montalcini won the Nobel Prize for discovering a protein called nerve growth factor (NGF). Since her discovery, hundreds of studies have been done on NGF. These studies show that NGF has a whole host of benefits:

- It reverses age-related memory loss and cognitive decline.
- It helps with the survival and maintenance of brain cells.
- It protects and repairs damaged brain cells.
- And it prevents your brain from shrinking as you get older.

After carefully analyzing all the nutrients, they shortlisted 33 that looked most promising. They then tested these nutrients against each other. And they found one nutrient that stood head and shoulders above the others at raising NGF levels. What is this nutrient? It's an antioxidant called Luteolin. Luteolin has been shown to not only boost NGF, but also improve memory and learning ability.

The good news is, studies show luteolin can block inflammation and stop brain aging in its tracks. It's the ability to demethylate and recruit anti-aging enzymes that allows it to perform in this manner.

EPIGENETIC TRIGGERS FOR THE BRAIN

For decades, scientists believed it was impossible to build a younger brain. But that all changed when a neuroscientist named Dr. Eric Kandel proved that you can grow new brain cells and rebuild your brain—no matter what your age!
Dr. Kandel won the Nobel Prize for his groundbreaking research. Since then, scientists have shifted their focus from "is it possible?" to "how to grow new brain cells." This led them to another breakthrough discovery. The discovery of an essential compound the brain needs to grow new cells. What is this compound? It's called BDNF (brain-derived neurotropic factor). BDNF is a protein produced by the brain. It plays a vital role in growing new brain cells.

Result? They found that those who took the coffee fruit concentrate saw their BDNF levels skyrocket by 143% — within an hour!
The scientists were blown away by the dramatic effect of the coffee fruit concentrate. They were so excited, they decided to patent this concentrate.

It's called NeuroFactor™. It is made from the whole fruit of the coffee plant Coffea Arabica. It's tasteless, odorless, and colorless. And it contains no caffeine.

Alpha-glycero-phosphocholine

What is this special form of choline? It's called alpha-glycero-phosphocholine, or alpha-GPC for short. When you take alpha-GPC, your brain starts making more acetylcholine — almost instantly! This was shown in a placebo-controlled study. Acetyl Choline works with Vitamin D3 to trigger immune responses to new viruses in the body.

Phosphatidylserine

It's called PS (phosphatidylserine). PS is a building block of cell membranes. It maintains healthy cell membranes, so your brain cells can communicate efficiently. It speeds up your brain, so you feel sharper, focus better, and think quicker.

Acetyl-L-carnitine

L-carnitine can't cross the blood-brain barrier. So, to boost energy in your brain, you need another form of L-carnitine. It's called acetyl-L-carnitine, or ALC for short.

Pterostilbene

In addition to anthocyanins, blueberries are also rich in a compound called pterostilbene (pronounced "ter-oh-still-bean"). Research shows pterostilbene is more powerful than resveratrol, because it's 4 times better absorbed. Plus, it stays in your body up to 7 times longer.

DO NOT EAT THESE FOODS - foods marked permanent should be removed forever NO MEATS Exception for these foods

Organic Wild Sea Foods Listed and Grass Fed Hormone Free Bison (Healthy Cow Meat Replacement)

No Beans – Too Much Arginine & Ammonia/Nitrogen Fixator-Except Lentils & Chick Peas - Add Ginger

NO Spinach – ONLY ORGANIC & IF ITS COOKED in a soup. Common Savoy Spinach Has enterobactin genetically Modified Organism in ALL non organic Spinach. This bacteria Steals Iron and can cause sickle cell anemia and other iron deficiency diseases and is one of the main causes of said Auto Immune Disorders. Its Antibodies attack our tissues.

No Mushrooms- It's a Fungi (1 of 6 pathogens) Excess Ammonia which adversely impacts the Liver and causes ammonia chain transport in Red Blood Cells causing low iron Hypoxia and massive red blood cell death increasing bilirubin and liver toxicity

No Tomatoes UNLESS grape or cherry cooked in a soup or Sundried Tomatoes. Tomatoes are high lectin food and Must ONLY be eaten cooked

No Kale – A Goitrogen which are generally not healthy vegetation. Not a Good vegetable to eat. If you MUST EAT make sure its Cooked in a Soup. Excess Goiter from an enzyme that blocks iodine and potassium

NO Rice too starchy Cyanide and turns to White fat (visceral white adipose tissue) in the body

No Black beans – They are Soy beans, no Pinto Beans excess nitrogen

No Bread too much yeast and starch (Except Yeast Free Breads Preferably Spelt Rye or other natural grain-based breads

ABSOLUTELY No Cashews THIS IS WHAT IS ADVERSELY IMPACTING YOUR LIVER and adding to Excessive weight gain and toxemia. Toxic to liver and possesses same toxic compounds as Poison Ivy - anacardic acids

No Collard Greens only for animals with ruminant stomachs. It’s a goitrogen

No Protein shakes or muscle builders – (remove permanently) ONLY HEMP PROTEIN & Other Natural Seed Nut Based Proteins

Beer (remove permanently)

No Wheat grass- High agglutinating lectins

No Alcohol except alkaline ones approved by Dr Ali – Fruit based Rums, Pure Tequila from cactus

*Ones that are clean with no excess sugars yeast mold and acidic content

Rums Fruit Based

Fruit Based Cirocs

Tequilas from Cactus

Organic Wines with NO SULFITES

Wheat germ or any wheat (remove permanently) (Eat ONLY Spelt Bread or Rye Bread)

No Chocolate (Except cacao) Increases bad estrogens

Gelatins (NONE) unless made from purples sea moss

No Almonds Except Living Harvest Soaked almonds or home grown organic ones

Sesame seeds (remove permanently) Aromatase which converts testosterone and beneficial estrogens into estradiol and carcinogenic form of estrogen

Soda (remove permanently)

Butter (remove permanently) No Dairy

Cheese (remove permanently) Aromatase which converts testosterone and beneficial estrogens into estradiol and carcinogenic form of estrogen

Soy (remove permanently) Aromatase which converts testosterone and beneficial estrogens into estradiol and carcinogenic form of estrogen

Flax Seeds (remove permanently)HIGHEST Amount of Aromatase which converts testosterone and beneficial estrogens into estradiol and carcinogenic form of estrogen

Peanuts (remove permanently) Phytic acid excess nitrogen-Nitrogen fixator – It's a legume not a Nut

NO Rice (remove permanently) Except Black Forbidden Rice/Wild Rice SOAKED

No Animal Milk (remove permanently) Aromatase which converts testosterone and beneficial estrogens into estradiol and carcinogenic form of estrogen

No Canola oil (remove permanently)

No Pasta (remove permanently) (Use Zucchini, Squash, Bean, Kelp noodles)

JUICE that has corn syrup high fructose corn syrup (remove permanently)

No High fructose corn syrup products and by products (remove permanently)

No All white or brown Sugar (remove permanently)

No Flour (remove permanently) (except for Spelt, amaranth, quinoa)

No Table Salt (remove permanently) (Only use sea salt)

No Eggs egg whites or yolks (remove permanently)

All Nuts except recommended (remove permanently)

No Broccoli Brussels sprouts Cauliflower (remove permanently)

No Coffee (remove permanently)

No white flour (remove permanently)

Rare Plants and herb seeds you want to acquire for Gardening:

Calabrese Broccoli
Calabrese Cucumbers
Indian Lemon
Lemon Cucumber
Cucumber Burr gherkins
Cucumber Hmong Red
Cucumber Sikkim
Brassica Oleracea-Wild Cabbage
Trochuda Cabbage
Perpetual Spinach Chard
Olmec Black and Yellow Corn
Black Kale
Japanese Mustard Seed
Arugula
Slyvetta Wild Arugula
Green Calaloo Lambs Lettuce
Egyptian Walking Onion
Egyptian Spinach
Malabar Spinach
Sea Beet
Water Cress
Winter Purslane
Winter cress
Lams Quarter
Persian Garden Cress
Wild Purslane
Oyster Leaf
Red Winter Romaine
Forellenshus Romaine Lettuce
Lactuca Egyptian Lettuce
Speckled Lettuce

Melons:

D’Algiers
Sakatas Sweet Melon
Yellow Canary Melon

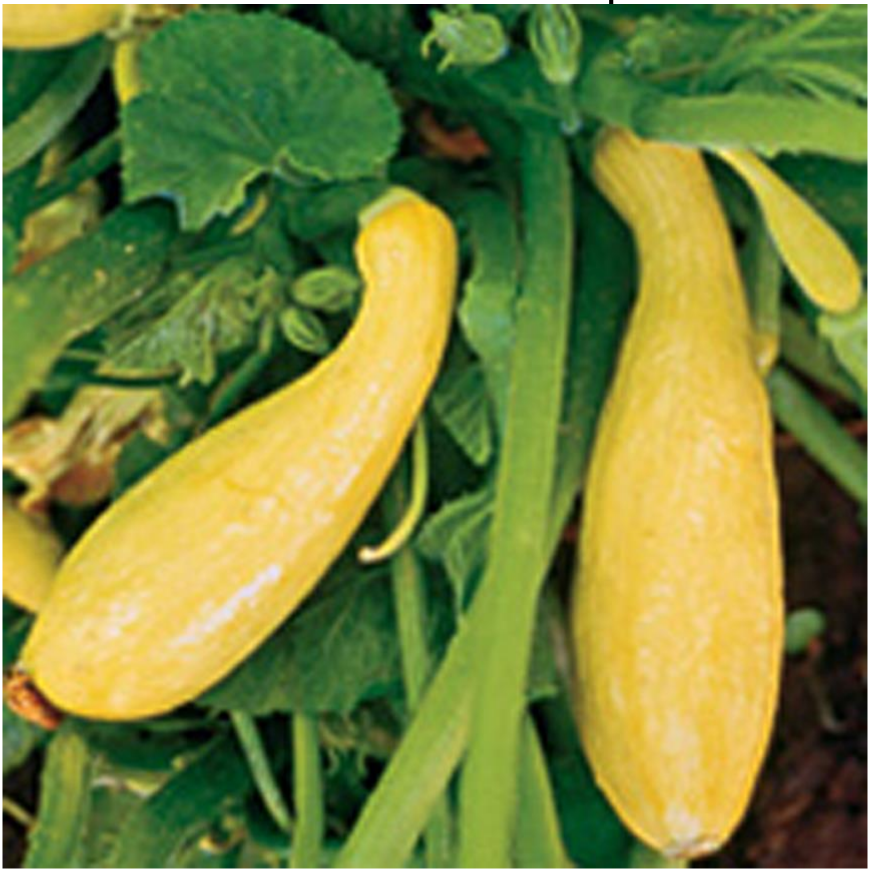
OKRA:
Clemson Spineless
Burmese Okra

PEPPERS:
Tequila Sunrise
Blackseed Squash
Yellow Crookneck Squash
White Bush Scallop Zucchini
Wild Cherry Tomato
Wild Roma Tomato
White Wonder Watermelon
Congo Watermelon

Herbs:

Basil
Chives
Cilantro
Oregano
Rosemary
Sage
Thyme
Wild Strawberries
Wild Grapes
Wild Blueberries
Wild Basil
Wild Ginger
Wild Oregano

Yellow Crook Neck Squash



Black Aztec Corn

Can Be soaked in scalding water for 2 hours with sea salt

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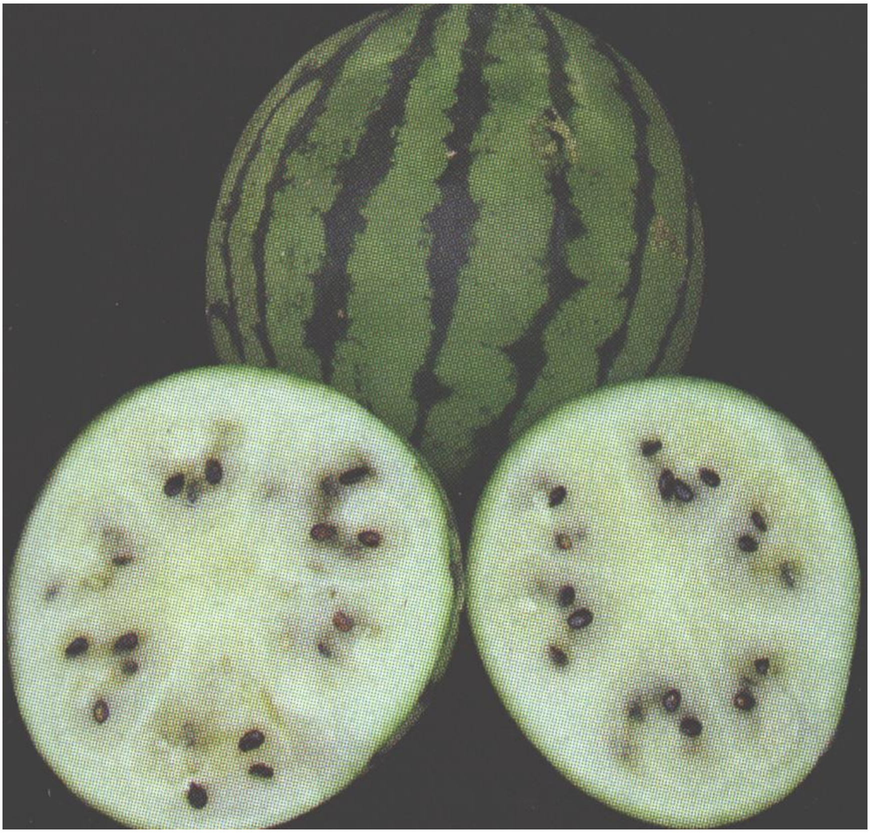
Sakata Melon

Tiger Melons

White Wonder Water Melons

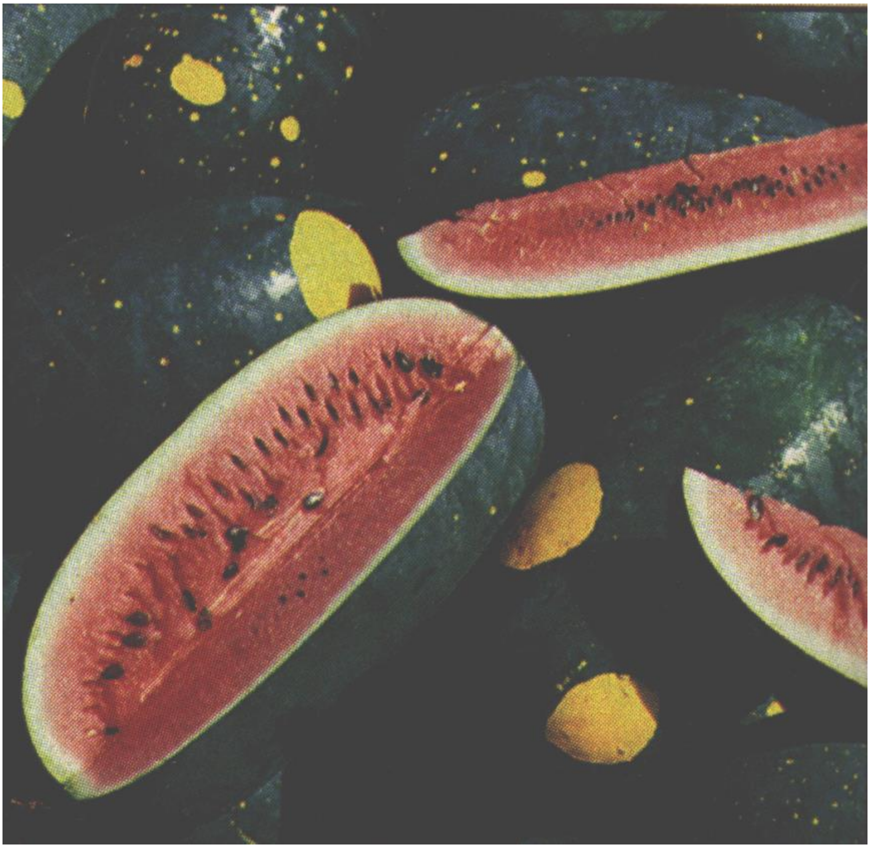


Mexican Wild Gherken Cucumber

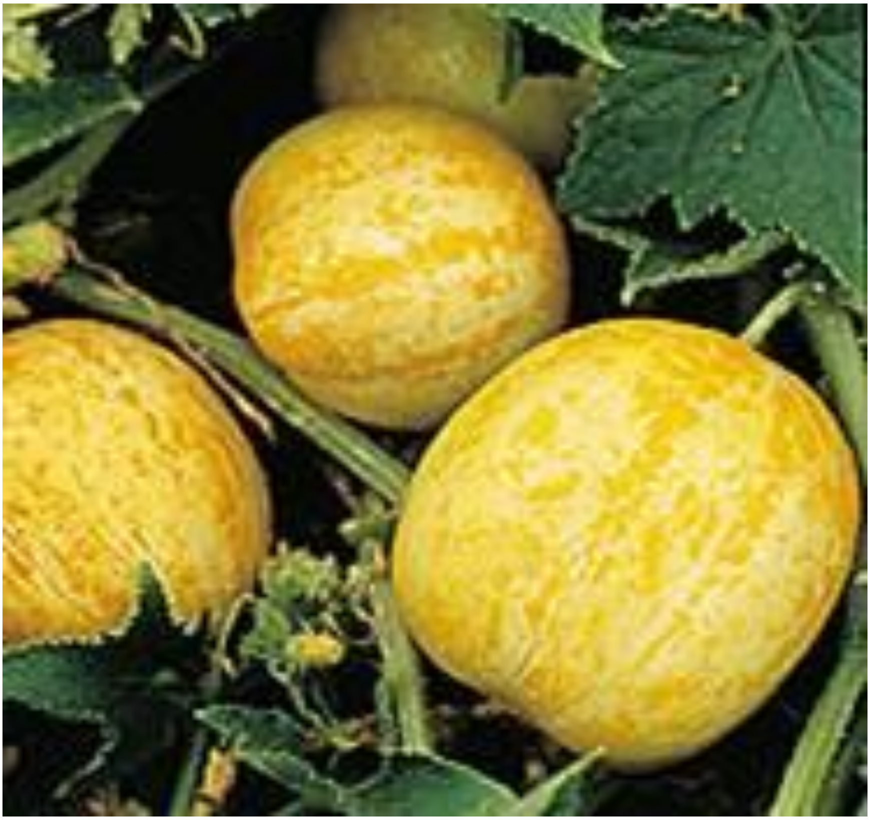
Malabar Spinach

Congo Watermelon

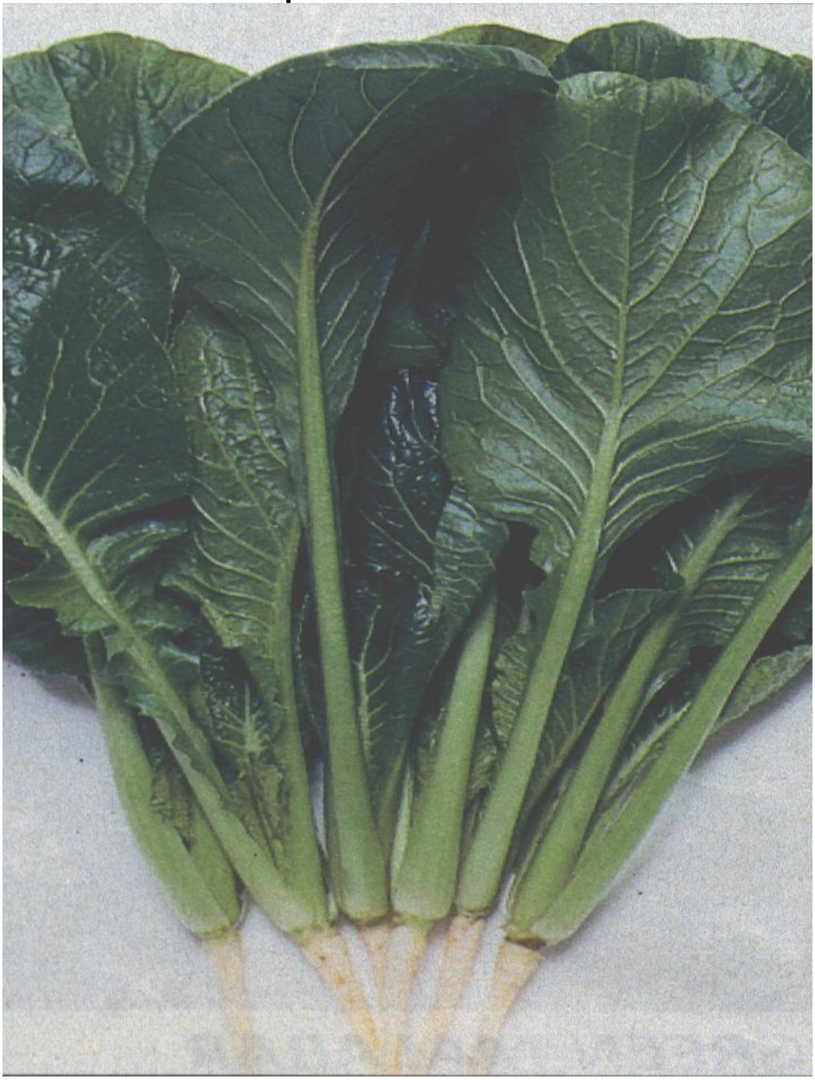
Moon and Star Watermelon



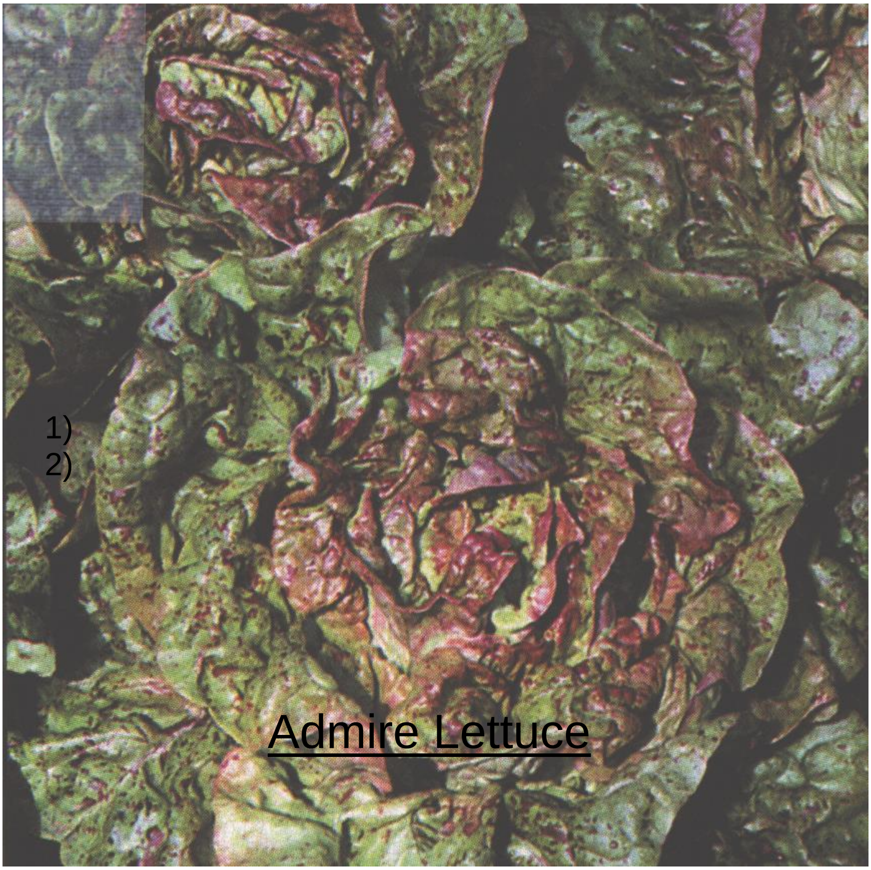
Lemon Cucumber



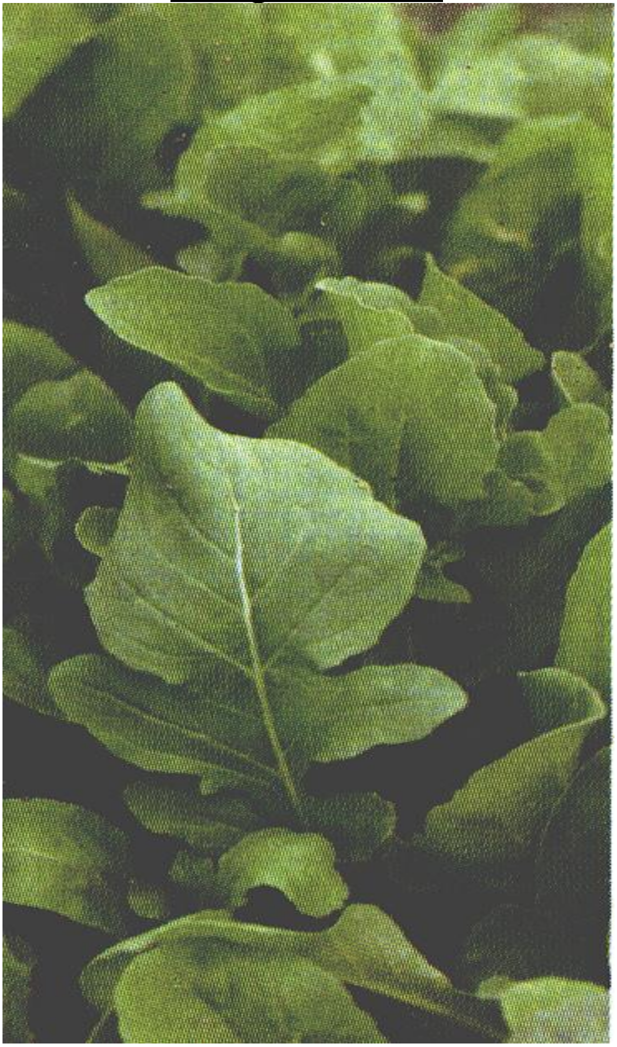
Japanese Mustard



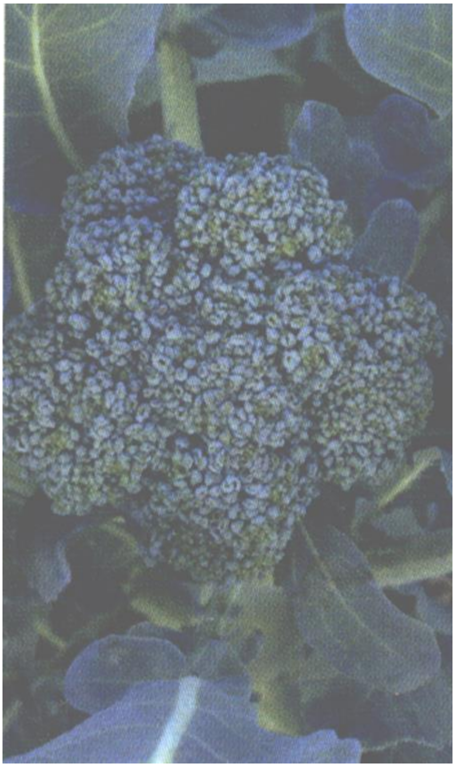
Speckled Lettuce

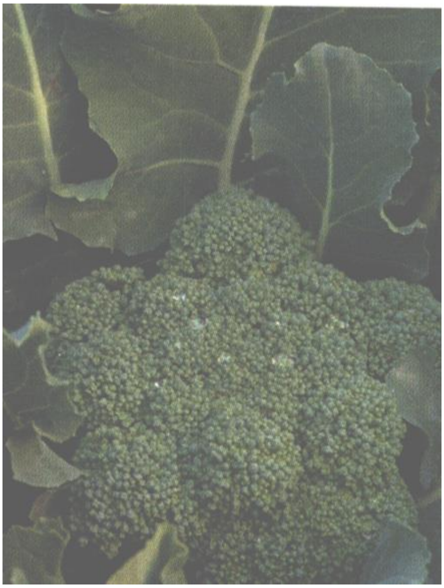


Arugula Leaf



DeCicci & Calabrese Broccoli





Lambs Lettuce

Golden Purslane Greens

Oak Leaf Lettuce

Egyptian Spinach

Chapter 11 Exercise Science

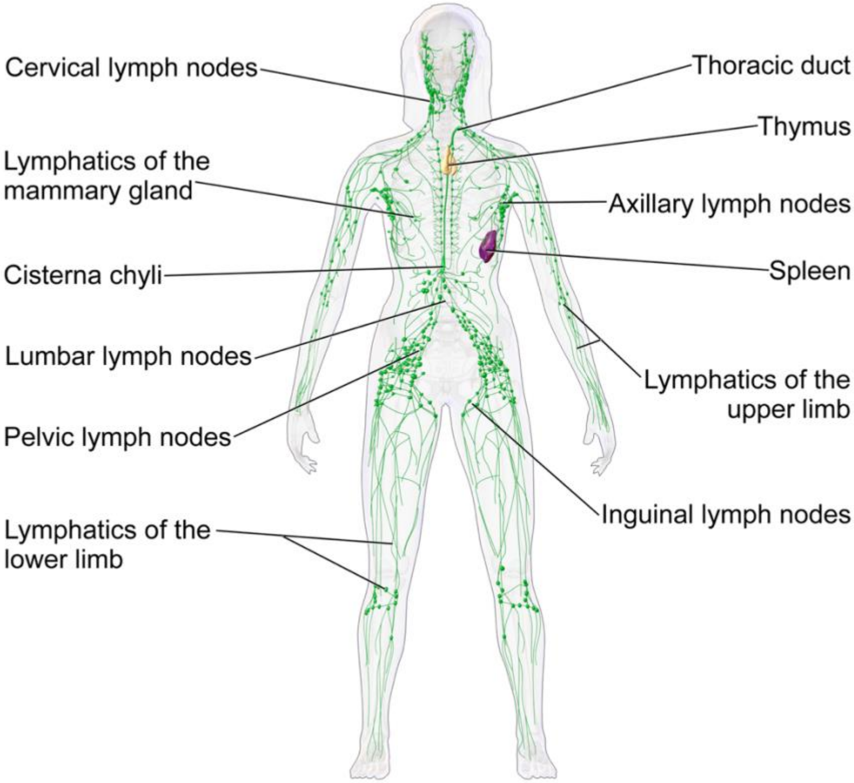
Exercise simply means to move the body. As humans have moved to epochs of civilization where work is inside and requires less manual labor exercise in the sense that we do it today has become popular. A sedentary body is one that does not maintain optimal health. Movement of our bodies generates the most important principle of life the internal life of the body CIRCULATION. Its opposite is OBSTRUCTION which leads to aging and death. Think of life as a 5-lane highway. All of the vehicles are carrying vital things to specific destinations. If that 5-lane highway collapsed down to a 2 lane highway then there would be a traffic jam. It would take things longer to get to its destination. When nutrients hormones neurons peptides, proteins, and other molecules cannot get to their destination die to obstruction then optimal life begins to deteriorate.

At The center of the discussion of circulation in the body are the systems that move fluids throughout the body's highways. These two systems are called the circulatory system and the lymphatic system. The lymphatic system moves lymph with the stopping points being lymph nodes. It has no pump. It is composed of water immune cells lymph nodes and other things traveling through its highways.

Lymph node

A small bean-shaped structure that is part of the body's immune system. Lymph nodes filter substances that travel through the lymphatic fluid, and they contain immune cells that help the body fight infection and disease. There are hundreds of lymph nodes found throughout the body.

Lymphatic system



So, Exercise is key to the immune system and the circulation of water. The more we move the more the immune cells are distributed throughout the body. No exercise or not enough equals LOW IMMUNITY. The Moon and 4th polarity and the celestial forces connected to the lymphatic system. Check your lunar placement and 4th house to learn secrets about your immune system, Squares and oppositions reveal personal challenges and the degree of the moon corresponds one of the 52 bio-cosmology markers (see The

Arts & Science of Perfect Genetic Health) that explain what possible challenges you may need to focus on.

The circulatory system does have a pump called the heart. It is the most consistent working muscle in the body. What most don’t know about the heart is that it is a VALVE controlled by the power of the Lungs. Weak Lungs equals a weak heart. Strong lungs equal a strong heart. The Lungs give us intake of oxygen THE lost important biochemical of human life. YES, the Lungs are cause of the heart beating and the mechanism to speed up or slow down circulation which means your conscious awareness of breathing and its influences controls the circulation of nutrients and all other primary biological processes requiring ENERGY.

At the core of the science of exercise is PROPER CONTROLLED BREATHING. The controlled breathing increases oxygen to muscle cells and fights off the enemy of exercise LACTIC ACID.

Lactic acid is a substance made by muscle tissue and by red blood cells, which carry oxygen from your lungs to other parts of your body. Normally, the level of lactic acid in the blood is low. Lactic acid levels rise when oxygen levels decrease

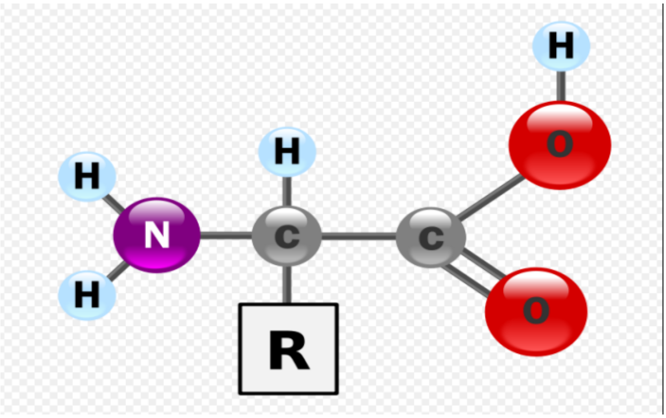
When exercising properly the muscles use up excess glucose and will then convert and waste to usable energy. Exercise is BEST DONE in a fasted sate meaning no meals before exercise all meals AFTER EXERCISE (Light or heavy exercise)

The process of burning visceral fat includes is best when the body can deaminate nitrogen out of the body as a waste and use the remaining molecule for energy.

DEAMINATION defined

Deamination - Deamination is the removal of an amino group from a molecule. Enzymes that catalyze this reaction are called deaminases. In the human body, deamination takes place primarily in the liver, however glutamate is also deaminated in the kidneys. In situations of excess protein intake, deamination is used to break down amino acids for energy. The amino group is removed from the amino acid and converted to ammonia. The rest of the amino acid is made up of mostly carbon and hydrogen, and is recycled or oxidized for energy. Ammonia is toxic to the human system, and enzymes convert it to urea or uric acid by addition of carbon dioxide molecules (which is not considered a deamination process) in the urea cycle, which also takes place in the liver. Urea and uric acid can safely diffuse into the blood and then be excreted in urine.

So once the toxic Nitrogen molecules are removed the rest of an amino acid properly termed carboxylic acid is used for energy. This is a biological process that has existed since life began. So if nitrogen is toxic to energy life processes WHY ARE WE EATING IT?

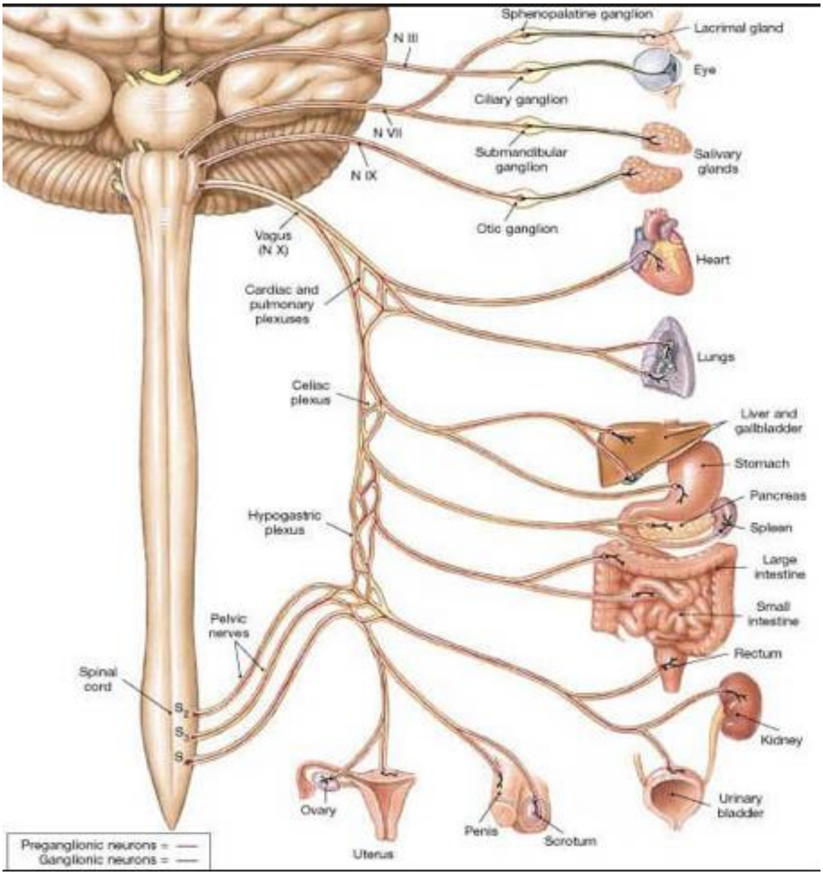


To detail how the rest of this molecule is used for energy we must explain gluconeogenesis in the body.

Gluconeogenesis - Gluconeogenesis (GNG) is a metabolic pathway that results in the generation of glucose from certain non-carbohydrate carbon substrates. From breakdown of proteins, these substrates include glycogenic amino acids (although not ketogenic amino acids); from breakdown of lipids (such as triglycerides), they include glycerol (although not fatty acids); and from other steps in metabolism they include pyruvate and lactate.
The tips I am giving you will safely remove the issue of obesity in a safe and permanent way.
The last issue of obesity is the micro-parasites ability to control your appetite. Yes, they can do it but once you find out HOW they are doing it you can stop it forever. Let’s take a look at these guys (The Candida, H Pylori(s) etc.) and see how they make us obese.

The Vagus nerve is the organ of choice that micro parasites travel through to ‘make you hungry’ These micro parasites can tunnel through this nerve highway (specifically peripheral chemoreceptors of the peripheral nervous system connected to the blood) and secrete a substance called ghrelin into the blood stream, brain pathways, or localized organ to create the urge we call HUNGER. The pathway to hunger is the digestive tract adipose tissue and the brain.

VAGUS NERVE PATHWAYS & CONNECTIONS



Above: The Vagus Nerve runs from the brainstem and connects to the heart, lungs, liver, stomach, pancreas, intestines kidney, bladder, male reproductive and female reproductive organs via plexuses and peripheral nervous system -nerve ganglions.

Our mitochondria operate our cellular energy cycle. The root of nutrition is to keep each cell healthy.

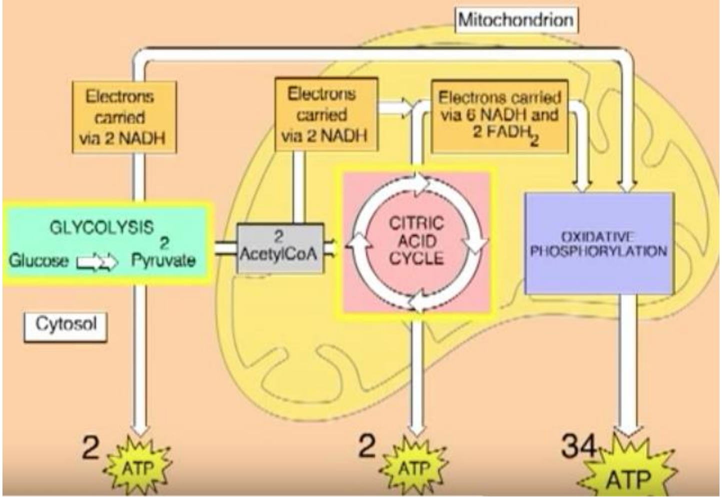
Aerobic Respiration is the key to nutrition. Anaerobic Respiration is the key to disease. YES, THE PURPOSE OF A CELL IS TO BREATHE, LITERALLY. The other purpose is to make water to keep the electrical vitality in the tissues. So, Cells want minerals to repair themselves, if necessary, water to house the vital spongy stuff called tissues, and AIR TO BREATHE,

In anaerobic respiration there is not enough oxygen present to carry on the three-stage process of getting cells respiration/energy. Without oxygen the anaerobic process sets in. The cell is suffocated.

NOW SOME TECHNICAL PARTS, But you can keep Up easily…

Nutrition is about getting the cells carbohydrates that have carbon oxygen and water. To do this the cell needs Glucose (Fruit sugar) to go through glycolysis a process in which the glucose is broken down. Various types of carbon compounds lead to the production of Citric acid (citrate) aka Tri-Carboxylic acids (Melanins), which operate to accept and donate energy in the form of electrons (–H). YES, melanin's control the commerce in nature's cells. This leads to the electron transport chain using these electrons to make water and more energy. If studied closely our cells reflect in their daily operations how life (electromagnetism) was created, and is made in biological organisms in this universe. At the core of this process are carbon compounds that lead to making water and energy exchange for the cell. The key word for nutrition here is carbohydrate (Fruit /Vegetable Sugar). It is the optimal fuel for the cell and starts the process of nurturing cells. Hybrid Animal Flesh is NOT nurturing cells. Ultimately natures design for us is to NOT eat animals EVER. For those that do, there are some animals that are healthier to eat than others because some are apart of lineages natural to the planet and others are hybrid mutants (cow). The ultimate nutrition is exclusively in plants, air, water, Sunlight and meditation. For those that remain on diets that contain some animal flesh I provide the information necessary to make the experience as healthy as possible, by giving the most nutritious sources with explanation. Our ultimate goal is to bring gradual transition to an optimal nutrition and to gradually change the nutritional psychology of our people, which is stuck on quick fixes and do it yourself traps. Eating is psychological. We have formed habits that are destroying us. Learning basic biology will inspire you to TAKE CONTROL of your own health and your food emotions.

The following image describes in detail how plant sugars start the nutritional process (glycolysis) creating free energy electrons, water, and additional energy molecules for the cell. Essentially cells need water and sugar for all their functions and in order to breathe. The skins of fruit provide necessary ingredients for other processing such as repair stimulation via stem cell activity etc. Nutrition is essentially distinguishing between homolactic fermentation (cell suffocation - disease) and cellular respiration (health).


Mitochondrion
Electrons carried via 2 NADH
Electrons carried via 2 NADH
Electrons carried via 6 NADH and 2 FADH2
GLYCOLYSIS
Glucose
2 Pyruvate
2 AcetylCoA
CITRIC ACID CYCLE
OXIDATIVE PHOSPHORYLATION
Cytosol
2 ATP
2 ATP
34 ATP

Even the ancients knew nutrition was founded upon seeded fruit being the primary food for humanity. The instructions we get from Scriptures match these instructions:

Genesis 1- 29 Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.

Seed bearing plants and fruit with seed in it? That’s simple instructions. Now did the Prophets foresee the making of colchicine the tool used to make sterile plants? This chemical molecule destroys seed reproduction, which is essential for REPRODUCTION! So if the food we eat is filled with things that make it impotent, what will it do to you? Are you in agreement with nature or humanoid-based biotechnology? Everyone who gets this book should pass it to every Doctor, Health Teacher, nutritionist, herbalist, Pastor, Reverend, Bishop, Imam, Babalawo Aye etc on Earth and ask, are they advocating the Natural Earth Diet that sustains vitality of human beings or are they being tricked into layers of malnutrition?

The scriptures go on to say the Creator breathed the Ruach/Ruh into the human, the breath of life aka Oxygen. If humans were designed for all cells to breath why are we suffocating them in the name of God Ancestors and science. Optimal Nutrition is simply a solar charge to a solar based body and a breathe without resistance. Our formula for measuring vitality is:

BLF (Biological Life Force) =
CHO (Carbon Hydrogen & Oxygen) – Nitrogenous Obstruction

Chapter 12 Healthy Environment Science-The Celestial Clean-up

This chapter is short but a shocker. Simple question. How are we gonna clean up this mess on earth. Pollution is a problem. It’s in the air. It’s in the water. It’s in the earth. And there are attempts to block out the sun. No worries. The earth, solar, system, and universe appear to have their own plan to clean it up and its quite interesting.

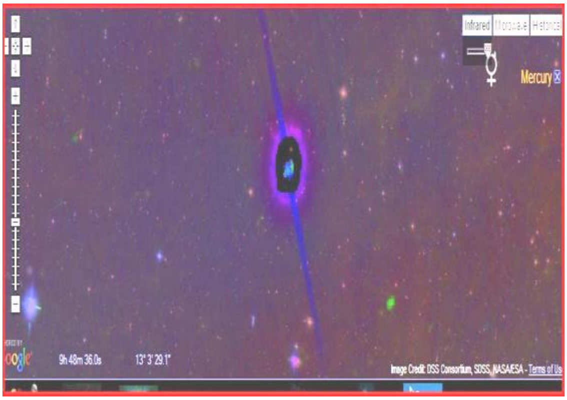
First off all disease in the body comes by way of

- mutations in the ATCG bonds in DNA as when they are unpaired properly it leads to disease. (A & T are always supposed to be paired. C & G are always supposed to be paired. When this pairing fails and we get other pairing it leads to disease
- Irregular DNA Methylation/Acetylation that occurs from environmental or inherited factors causes disease.
- Irregular DNA Demethylation/deacetylation caused by environmental factors can cause disease.
- Abnormal radiation which can cause DNA breakage can cause disease.
- Mitochondrial DNA can cause disease

Ill start with the last causation. It has been found that the body makes a secondary melatonin in the mitochondria, when exposes in infrared light from the Sun during the day. This mitochondria melatonin has been labeled as the worlds most potent anti-oxidant. The only way it can be made is by being outside. Why did it take so long to find it? Its because its NEW and has only been synthesized since something happened celestially. This new antioxidant is here to clean up cells.
If its synthesized only from infrared frequencies then let’s review that.

The main point of this new finding is that ***the subcellular melatonin is being produced in response to the NIR photons which make up the majority of natural sunlight****. Given the number of cells and quantity of subcellular melatonin identified to date it is reasonable to propose that the body produces and maintains a melatonin reservoir that is separate and apart from the circulatory melatonin generated by the pineal gland*.[52]

It is my proposal that these NIR Photons have increased due to a new star entering our solar system. Lets prove that before we proceed.



Note: A telescopic picture of the infrared Black Star sitting between Venus and Earth at Right Ascension 9hours 48 minutes 36 seconds and declination 13' 3' 29. This is the star predicted by various Indigenous Civilizations that the Gods would bring into our Solar system. It was termed the Star of Bethlehem in the Bible and represents the Birth of the Messiah. It was called the Arsh of Allah in the Quran and is supposed to represent to coming of Allah in the last days. It will be used to take away the dysfunctional impact of the moon on our Earth's magnetic field and produce a whole new Vibration, people, animals and plants on Earth. First Discovered by Dr Ali Muhammad 2011.

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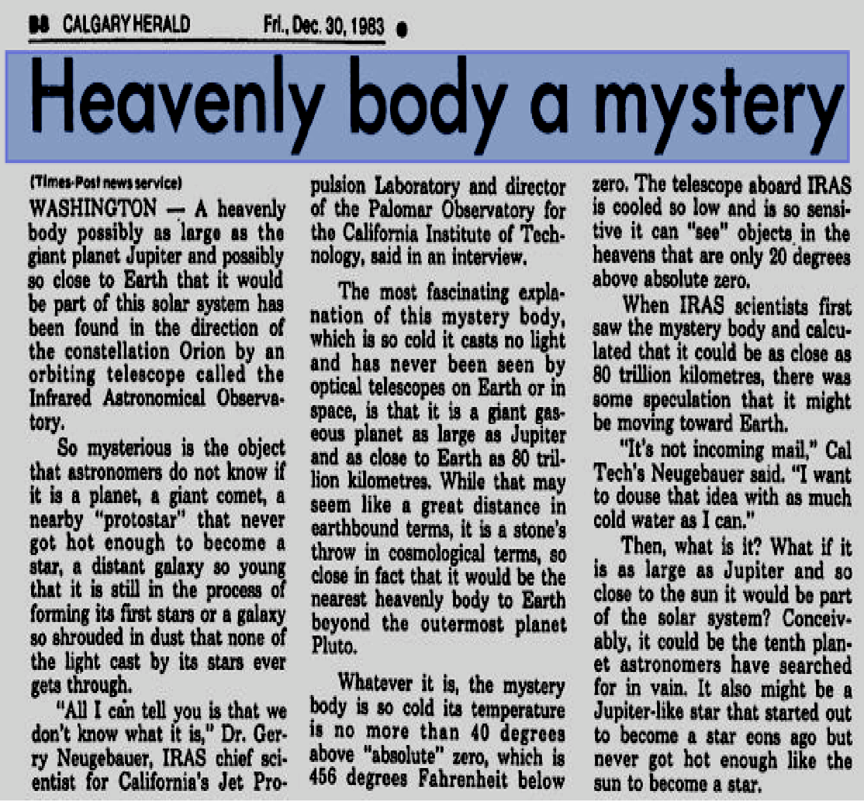
[52] Melatonin and the Optics of the Human Body

Astronomers at NASA and JPL knew about it but went silent after its first reports



[illegible] CALGARY HERALD Fri., Dec. 30, 1983 ●

Heavenly body a mystery

(Times-Post news service)

WASHINGTON — A heavenly body possibly as large as the giant planet Jupiter and possibly so close to Earth that it would be part of this solar system has been found in the direction of the constellation Orion by an orbiting telescope called the Infrared Astronomical Observatory.

So mysterious is the object that astronomers do not know if it is a planet, a giant comet, a nearby "protostar" that never got hot enough to become a star, a distant galaxy so young that it is still in the process of forming its first stars or a galaxy so shrouded in dust that none of the light cast by its stars ever gets through.

"All I can tell you is that we don't know what it is," Dr. Gerry Neugebauer, IRAS chief scientist for California's Jet Propulsion Laboratory and director of the Palomar Observatory for the California Institute of Technology, said in an interview.

The most fascinating explanation of this mystery body, which is so cold it casts no light and has never been seen by optical telescopes on Earth or in space, is that it is a giant gaseous planet as large as Jupiter and as close to Earth as 80 trillion kilometres. While that may seem like a great distance in earthbound terms, it is a stone's throw in cosmological terms, so close in fact that it would be the nearest heavenly body to Earth beyond the outermost planet Pluto.

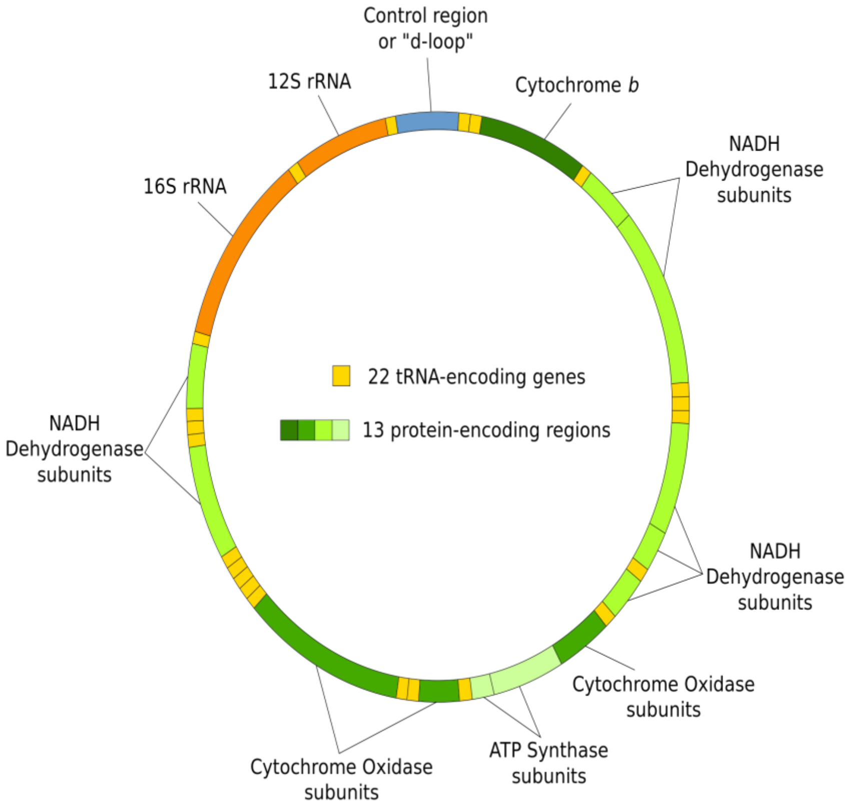
Whatever it is, the mystery body is so cold its temperature is no more than 40 degrees above "absolute" zero, which is 456 degrees Fahrenheit below zero. The telescope aboard IRAS is cooled so low and is so sensitive it can "see" objects in the heavens that are only 20 degrees above absolute zero.

When IRAS scientists first saw the mystery body and calculated that it could be as close as 80 trillion kilometres, there was some speculation that it might be moving toward Earth.

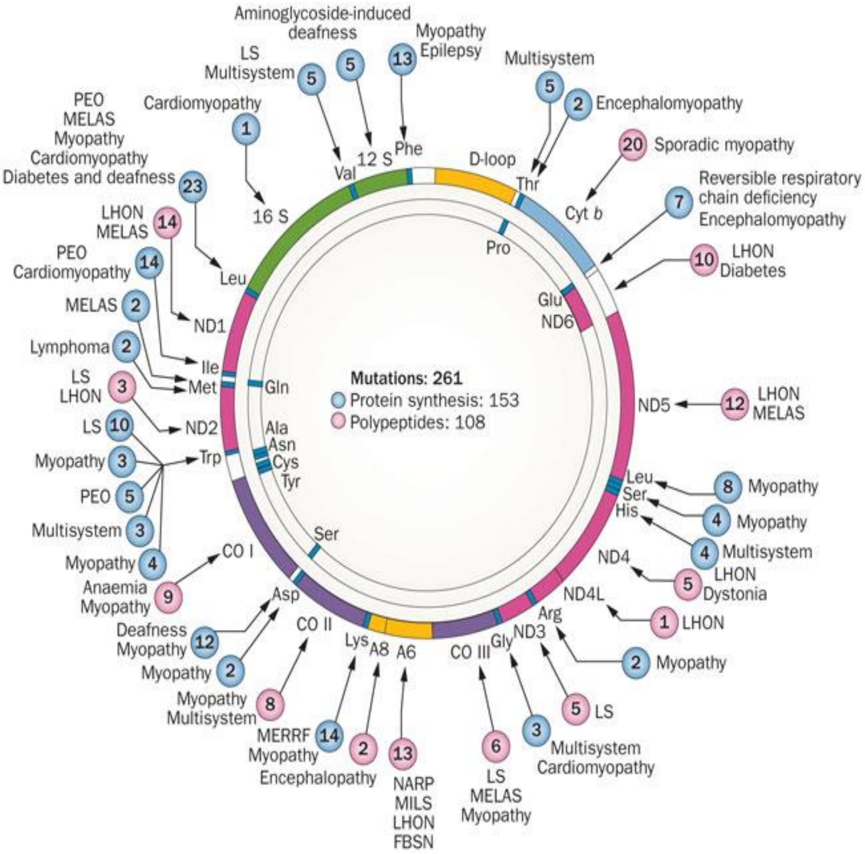
"It's not incoming mail," Cal Tech's Neugebauer said. "I want to douse that idea with as much cold water as I can."

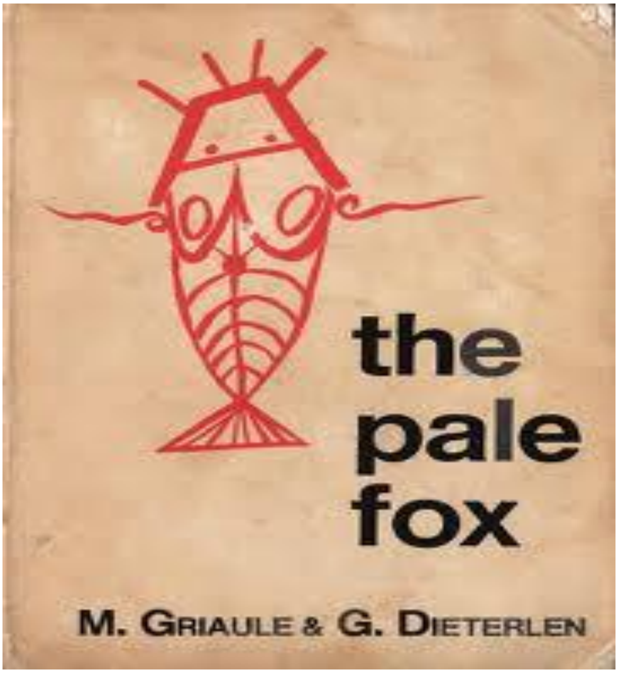
Then, what is it? What if it is as large as Jupiter and so close to the sun it would be part of the solar system? Conceivably, it could be the tenth planet astronomers have searched for in vain. It also might be a Jupiter-like star that started out to become a star eons ago but never got hot enough like the sun to become a star.

It’s an Infrared Star. The mitochondria melatonin being produced as a newly found antioxidant is being synthesized to repair all diseases of the mitochondria.


Control region or "d-loop"
12S rRNA
Cytochrome *b*
16S rRNA
NADH Dehydrogenase subunits
22 tRNA-encoding genes
13 protein-encoding regions
NADH Dehydrogenase subunits
NADH Dehydrogenase subunits
Cytochrome Oxidase subunits
ATP Synthase subunits
Cytochrome Oxidase subunits

22 T-RNA Genes 13 P.E.R.
vs
22 Melanin SNPs 13 Melanin-Peptide


Aminoglycoside-induced deafness
5
Myopathy
Epilepsy
13
LS
Multisystem
5
Multisystem
5
2
Encephalomyopathy
PEO
MELAS
Myopathy
Cardiomyopathy
Diabetes and deafness
23
Cardiomyopathy
1
Val
12 S
Phe
D-loop
Thr
20
Sporadic myopathy
Cyt b
16 S
Reversible respiratory chain deficiency
Encephalomyopathy
7
LHON
MELAS
14
Pro
10
LHON
Diabetes
PEO
Cardiomyopathy
14
Leu
Glu
ND6
MELAS
2
ND1
Lymphoma
2
Ile
Mutations: 261
Protein synthesis: 153
Polypeptides: 108
LS
LHON
3
Met
Gln
ND5
12
LHON
MELAS
LS
10
ND2
Ala
Asn
Cys
Tyr
Myopathy
3
Trp
PEO
5
Leu
Ser
His
8
Myopathy
4
Myopathy
Multisystem
3
Ser
4
Multisystem
Myopathy
4
CO I
ND4
5
LHON
Dystonia
Anaemia
Myopathy
9
Asp
ND4L
1
LHON
Deafness
Myopathy
12
CO II
Arg
Myopathy
2
Lys
A8
A6
CO III
Gly
ND3
2
Myopathy
Myopathy
Multisystem
8
5
LS
MERRF
Myopathy
Encephalopathy
14
2
13
NARP
MILS
LHON
FBSN
6
LS
MELAS
Myopathy
3
Multisystem
Cardiomyopathy



It was from this book that I first read of the Dogon Prophecy of Emma Ya Tolo ‘The Star of female seeds’. They predicted that this star and the Sun will reunite. In that prophecy they say the Nomos will be resurrected in his body and the power of the Sun and Star will kill the pale fox the disrupter of universal balance.

- After his descent to Earth the resurrected Nommo will go to the ‘waters’ to transform himself and live their in his original form of nommo anagonno.”
- “Now it is in the water and after his transformation that the Nommo will be instructed by Amma to reveal the ‘word’ he possesses to man. This revelation is in direct correspondence with the number of the main body parts of the resurrected Nommo Twenty-two (22).”
- With regard to the formation of the universe the Nommos sacrifice had not only regenerated those parts of it affected by the Fox’s deeds, but had also contributed to the development of the rest: the twenty two articulations correspond here to the twenty-two yala of body and sex of the po, placed in the center of the spiral of Amma's primordial egg. Having resumed his work by sacrificing the Nommo, when he resurrected him Amma conferred on him the number attributed to the development of life in the first grain (22).”
- The (22) twenty-two articulations are also related to the resurrected Nommos possession of the ‘word’, which he will weave in the water across his teeth and then reveal to man

Are these 22 symbolic of something anatomical. I do think the Dogon had been left an oral tradition from a very advanced civilization that new astronomy genetics etc. It is a fact that this new mitochondrion melatonin has the ability to repair mutations in the mDNA. It’s happening right now. Let’s look further at this prophecy.

Letter to Johnny X Boyd
From The Messenger 1964

In a letter to one of his students The Honorable Elijah Muhammad stated that his teacher taught him that the current moon we had would one day be replaced by a star and it would be accompanied by a planet. He stated this star would be used to heal organisms on our planet. The Honorable Elijah Muhammad also stated one day we would have the youth of a 16-year-old returned to us. We are now looking at the fulfillment of those words. The subject of the discoveries about the longevity genes, our ability to epigenetically reverse aging, and this new star's ability to help heal our mitochondria seem like science fiction but yet they are science FACT.

"*Allah taught me that He will bring the Moon back to its rightful place, and that for a Moon we will use a particular Star, We will have no need for that Old type of Moon, for this STAR will have power to contain and hold our WATERS, as well as another Planet. He says that there will even be a form of New Life from our Waters, this will be the Life of a New covering for the Earth, as you already know, the Devil has destroyed the beautiful covering that She once had.*" [53]

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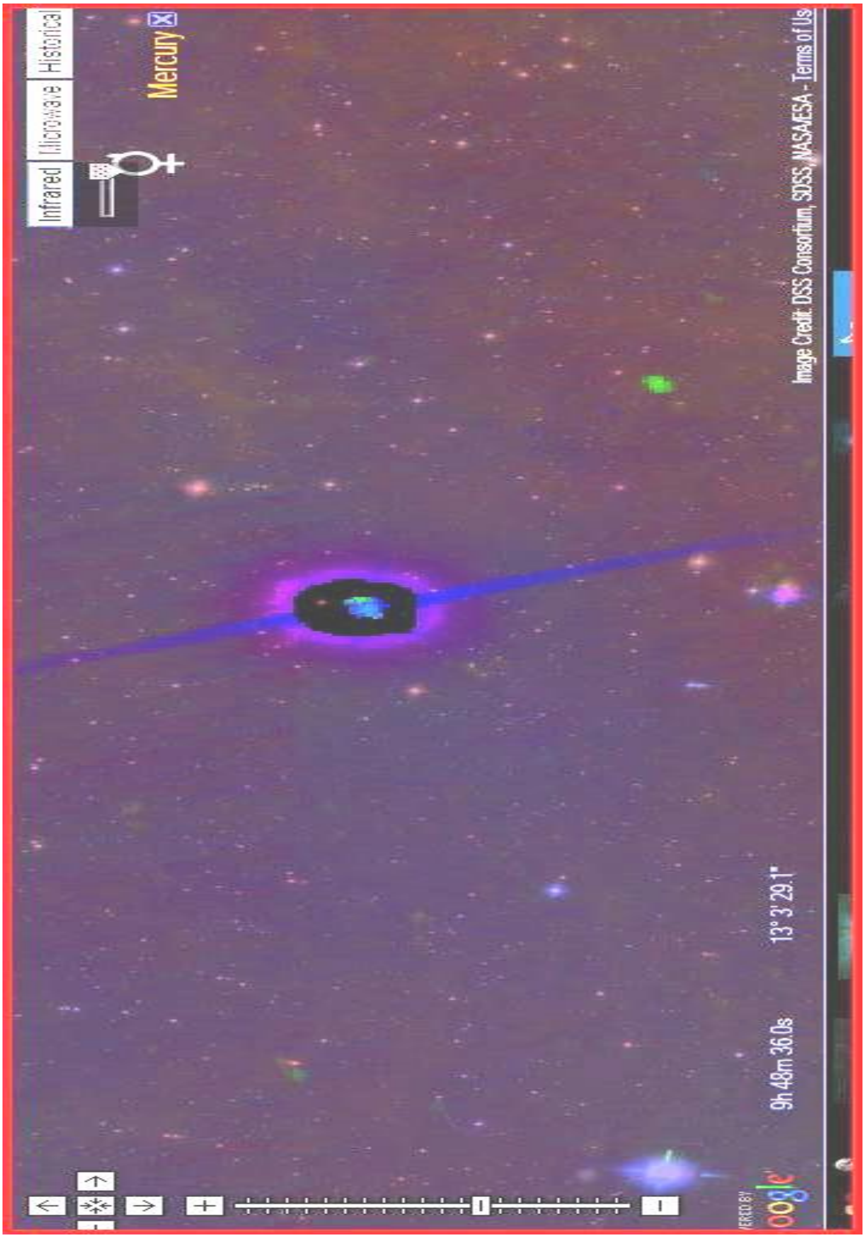
[53] Letter from the Honorable Elijah Muhammad to Johnny X Boyd 1964


Infrared
Microwave
Historical
Mercury
9h 48m 36.0s
13° 3' 29.1"
Image Credit: DSS Consortium, SDSS, NASA/ESA - Terms of Use
oogle

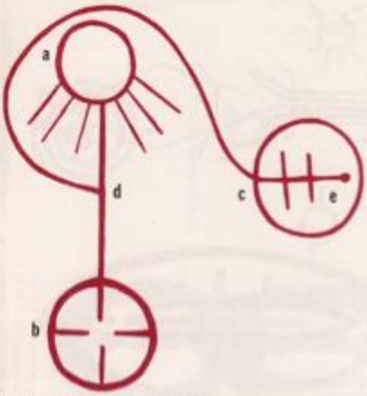


Fig. [illegible] of the separation of the twins.

To avoid another theft by Ogo, the nommo titiyayne, at Amma's order, took the Emma Ya seed and placed it in a star, emma ya tolo which would later establish its orbit around Sirius page 273 Pale Fox

This Figure ABOVE shows the Dogon Astronomical mythos and prophecy pertaining to Sirius AB & C and the Sun. The Author of this text re-explains this image as the dislocation of Sirius C aka Emma Ya tolo from Sirius A and B as it remarries its twin the Sun as shown in the next image

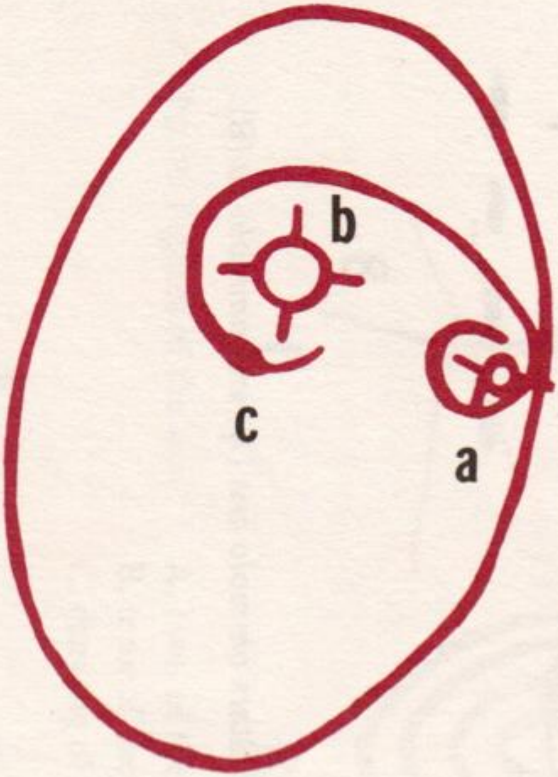


FIG. 88: *tonu* of the prevented marriage.

Initial break between Sun and its Binary twin as depicted by Dogon. The author associates this with another event in Olmec Astronomical Mythos

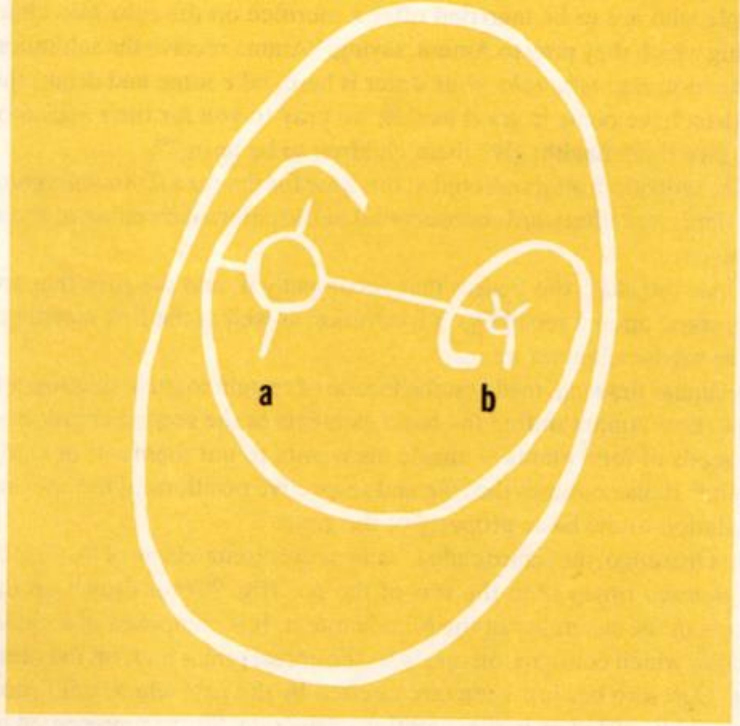


FIG. 89: *tonu* of the *taba tolo* of the sun and of Sirius.

This image from the Dogon represents the marriage between Sirius and the Sun. This author relates this to the new Binary marriage of Sirius and its Binary Black Dwarf 'Astronomical twin' called Emma Ya Tolo by the Dogon, the Star holding the female 'seeds'. Female seeds here represents the impact this star will have on the Earths Magnetic Field and mitochondria (symbolic female seeds) of all living organisms.

There is no greenhouse effect. The planets variation is heat cycles is due to this new star. Its radiation impact will operate as the primary healer of our mitochondrion and to symbolically BURN UP the PALE FOX.
There thrust into the field of transhumanism merger with robotics etc is due to the fact they know they cannot make this biological jump that some of us are about to make.

Chapter 13 Stress Reduction via Meditation Science

We have developed a system of meditation that acts to synchronize our meditations with the Sun in order to increase biological power and increase our ability to manifest health and accomplishing visual manifestations. We have discovered the monumental impact the Sun has on biology epigenetics genes immunity etc. Using our ancient astronomical knowledge from our ancestors and modern-day discoveries of our new star and its biological impact we have developed a system that we know triggers newly discovered abilities.

The Sun circulates around a force with more gravitational power than it has. Since we have discovered the immense amount of information about how the sun impacts our biologies, what will discoveries of how this super black sphere have on our biology? Our current experiment is to meditate 4 times a day. It is our position that the wisest of our ancestors in the fields of study of human psychology and biology developed this system that got tainted by foreigners.

Sunrise
Noon
Sunset
Midnight

The common names for these are
Dawn Meditation – Al Fajr
Noon Meditation – Al Zhuhr – here described by solar position li-duluuka ash-shamsi or the height of the Sun
Sunset Meditation Maghrib or Asr - described herein as ‘ilaa ghasaqi al-layl’ until the start of the night
Lastly a non-obligatory meditation is set at night called tahajjad

Fajr (See 17:78 & 24:58) means Dawn and is the Sunrise Meditation/ Prayer

Zuhr (See 17:78 & 24:58) means Vertical or Height and is the Noon Meditation Prayer

Isha Asr and Maghrib (24:58) means setting, evening or West and is the Sunset Meditation/Prayer

Al-Lail (See 17:79) means the Night and is the midnight Meditation/Prayer

Fajr or Morning Prayer is a Visualization Prayer/Meditation. This is a time wherein we Visualize our goals and aspirations

Zuhr or Noon Prayer is a time to invoke the principle of balance via breathing relaxation focusing on the areas that need balance in prayer/Meditation.

Isha Asr or Maghrib is Sunset Prayer and is a time of Clearing in Prayer/Meditation. This is a time to release anything from your sphere that does not belong to righteous conduct and natural law

Al Lail is the mid-night prayer and is a special time of reception. Meditate and pray on receiving the revelations that will bring transformation.

Their are 3 obligatory day prayers (See Quran 24:58, 17:78) and 1 non obligatory night prayer (See Quran17:79)

WHAT COULD THIS DO TO OUR genes?
By exposing our bodies to chemicals water air that transforms our genes into repair we have learned that the

greatest biological signal transductors are in our terrestrial environment. A study of the impact of our Sun and new Star has proven that celestial objects have major impact on biology. Our question here is what ultimate impact does the MOST POWERFUL frequencies have on our genes. Since the Sun has demonstrated the ability to initiate REPAIR processes for our genes what would the black hole properly termed black sphere do to our genes that the Sun revolves around. How would we expose ourselves to its heightened forcefields? We discovered two ways. The first was a time of year that the Earth Sun and this black hole are aligned. That time of year is called the winter solstice. Next we discovered that we could simulate this state simply by closing our eyes to meditate at SPECIFIC TIMES during the day. There are 4 times one being the most powerful. Our study is ongoing. We are collecting genetic information, brain information, mitochondrion information. What we have found is that this process somehow turns on genes that create new talents and gifts that were not present before the process. The health benefits are tremendous as I have seen repair of the nervous system and functions that the autonomic nervous system controls. When fasting is added I have seen DNA demethylation occur and increase in DNA repair enzymes.

We are discussing the sirtuin genes here.

Sirtuins are NAD^+-dependent enzymes that modulate the activities of target proteins, mediate changes in the metabolic status of cells and regulate diseases of ageing, including neurodegeneration, diabetes, cardiovascular diseases and cancer. Sirtuins are not the only gene repair specialists, there are many. We are still discovering them. What we do know is that one day we will live as long as we desire with youthful vitality into older age.

Glossary

Urea Cycle – The urea cycle (also known as the 'ornithine cycle') is a cycle of biochemical reactions that produces urea ($(NH_2)_2CO$) from ammonia (NH_3). This cycle occurs in ureotelic organisms. The urea cycle converts highly toxic ammonia to urea for excretion. The urea cycle takes place primarily in the liver and, to a lesser extent, in the kidneys.
 Atom- The smallest part of an element. An atom consists of a nucleus (which contains protons (unnaturally) and neutrons) and surrounding electrons. The nucleus is positively charged (Naturally neutral), and this determines the atomic number of an element. A large number of entities in the atomic nucleus have been identified, and the search for other's continues.

Molecule- An electrical neutral aggregate of atoms held together strongly enough to be considered as a unit. A Fractal Set of Atoms. The individual atoms mat be of the same type or different. Combinations of dissimilar atoms form chemical compounds. Magnetons create bonds by circulating via atomic poles. Excess or deficiency of magnetons by the loss of acquisition of electrons results in the formation of an ion.

Cell- Is the basic structural , functional, and biological unit of all living known organisms. Cells are the smallest unit of life that can replicate independently, and are often called the building block's of life. The study of cells is called cell biology. Cells consist of a protoplasm within a membrane , which contains many biomolecules such as proteins (properly called Melanotropic Peptides and nucleic acids.

DNA- (Deoxyribonucleic acid) is a molecule encoding the genetic instructions for life. ONA is the precursor Original

Centromere- Is the part of a chromosome that links sister chromatids.. During mitosis, spindle fibers attach to the centromere via the kinetochore. Centromeres were first defined as genetic loci that direct the behavior of chromosomes. Their physical role is to act as the sight of assembly of the kinetochore- a highly complex multiprotein structure that is responsible for the actual events of chromosome segregation-e.g. binding microtubules and signaling to the cell cycle machinery when all chromosomes have adopted correct attachments to the spindle, so that it is safe for cell division to proceed for completion (i.e. for cell to enter anaphase).

Chromosome- A chromosome is packaged and organized chromatin, a
Complex of macromolecules found in cells, consisting of DNA and protein. The main information carrying macromolecule is a single piece of coiled double – stranded DNA, containing many genes, regulatory elements and other non-coding DNA. The DNA bound macromolecules are proteins, which serve to package the DNA and control its functions. Chromosomes vary widely between different organism. Some species also contain plasmids or other extra chromosomal DNA.

Autosomal DNA- Is a term used in genetic genealogy to describe DNA or ONA inherited from the autosomal chromosomes, as opposed to the sex chromosome. Humans have 22 pair of autosomes and one pair of sex chromosome(the x chromosome and the said y chromosome). Autosomes are numbered roughly in relation to their sizes. That is Chromosome1 has approximately 2800 genes , while Chromosome 22 has approximately 750 genes. There is no established abbreviation for Autosomal DNA: atDNA (more common) and auDNA are used.

Mitochondrial/ Mitochondrion- The mitochondrion (plural mitochondria) is a membrane bound organelle found in most eukaryotic cells(the cells that make-up plants, animals, fungi and many other forms of life).

Mitochondrial DNA- Is the DNA located in mitochondria; cellular organelles within eukaryotic cells that convert chemical energy from food into a form that cells can use, adenosine triphosphate(ATP) . Mitochondrial DNA is only a small portion of the DNA in a eukaryotic cell; most of the DNA can be found in the cell nucleus, and in plants the chloroplast as well.

STARCH aka Exo[polysaccharide- Extracellular polymeric substances (EPSs) are natural polymers of high molecular weight secreted by microorganisms into their environment. EPSs establish the functional and structural integrity of biofilms, and are considered the fundamental component that determines the physiochemical properties of a biofilm, EPSs are mostly composed of polysaccharides (exopolysaccharides) and proteins, but include other macro-molecules such as DNA, lipids and humic substances. EPSs are the construction material of bacterial settlements and either remain attached to the cell's outer surface, or are secreted into its growth medium. These compounds are important in biofilm formation and cells attachment to surfaces. EPSs constitute 50% to 90% of a biofilm's total organic matter

Ribonucleic acid- Is a polymeric molecule. It is implicated in a varied sort of biological roles in coding, decoding , regulation, and expression of genes. DNA and RNA are nucleic acids and along with proteins and carbohydrates, constitute the three major macromolecules essential for all well known forms of life. Like DNA,RNA is assembled as a chain of nucleotides, but like DNA it is often found in nature as a single-strand folded unto itself rather than a paired double strand.

Cell membrane- The cell membrane(also known as the plasma membrane or cytoplasmic membrane) is a biological membrane that separates the interior of all cells from the outside environment.

ADP- Is an important organic compound in metabolism and is essential to the flow of energy in living cells. A molecule of ADP consists of three important structural components: a sugar backbone attached to a molecule of adenine and two phosphate groups bonded to the 5’ carbon atom of ribose. The carbon molecules that make up the ring of a sugar can be named in a way that more specifically designates the location of the phosphate and adenosine attachments: The sugar backbone of ADP is known as a pentose sugar and consists of five carbon molecules. The two phosphate groups of ADP are added in series to the 5’ carbon of the sugar backbone, while the adenosine molecule attaches to the 1’ carbon

ATP- Consists of three phosphate groups attached in series to the 5’ carbon location, whereas ADP contains two phosphate groups attached to the 5’ position, and AMP contains only one phosphate group attached at the 5’ position. Energy transfer used by all living things is a result of dephosphorylation of ATP by enzymes known as ATPases. The cleavage of a phosphate group from ATP results in the coupling of energy to metabolic reactions and a by product of molecule of ADP.

Carbon- The nonmetallic element that is the characteristic constituent of organic compound’s it’s compounds are constituents of all living tissue . Carbon combines with hydrogen, nitrogen, and oxygen to form the basis of all organic matter. Organic carbon compounds provide energy in foods. Carbon 12 has no protons and it is adverse to nitrogen species

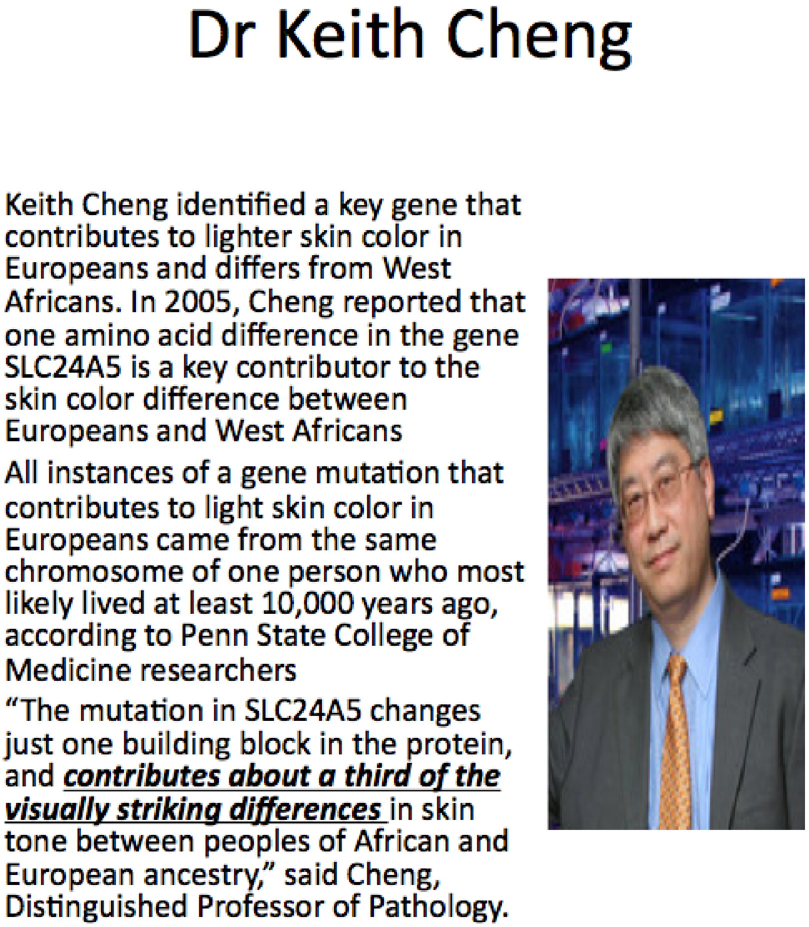
Carbon- 14 –IA radioactive isotope of carbon with a half –life of 5600 years . It is used as a tracer in metabolic studies and in archaeology to date materials containing carbon.
Nucleotide- A compound formed of phosphoric acid, a pentose sugar, and a base (purine pyrimidine), all of which constitute the structural unit of nucleic acid. The Phosphoric acid is not a natural component in Black Biology.
Tissue- A group or collection of similar cells and their intercellular substance that perform a particular function. The four major groups are epithelial, connective, muscular and nervous tissues.

Organ- A body structure made of several tissue that all contribute to specific functions .Many organs occur in pairs. In such pairs, one organ may be extirpated and the remaining one can perform all necessary functions peculiar to it. One third to two fifth's of some organs may be removed without loss of function necessary to support life.

Oxidative phosphorylation- Is the metabolic pathway in which the mitochondria in cells use their structure , enzymes and energy released by the oxidation of nutrient's to reform ATP. Although the many forms on life on earth use a range of different nutrients. ATP is the molecule that supplies energy to metabolism. Almost all aerobic organisms carry out oxidative phosphorylation. This pathway is probably so pervasive because it is a highly efficient way of releasing energy , compared to alternative fermentation processes such as anaerobic glycolysis.

Telomeres- Telomeres are the caps at the end of each strand of DNA that protect our chromosomes

Other Methods of Melanin Production Discovered



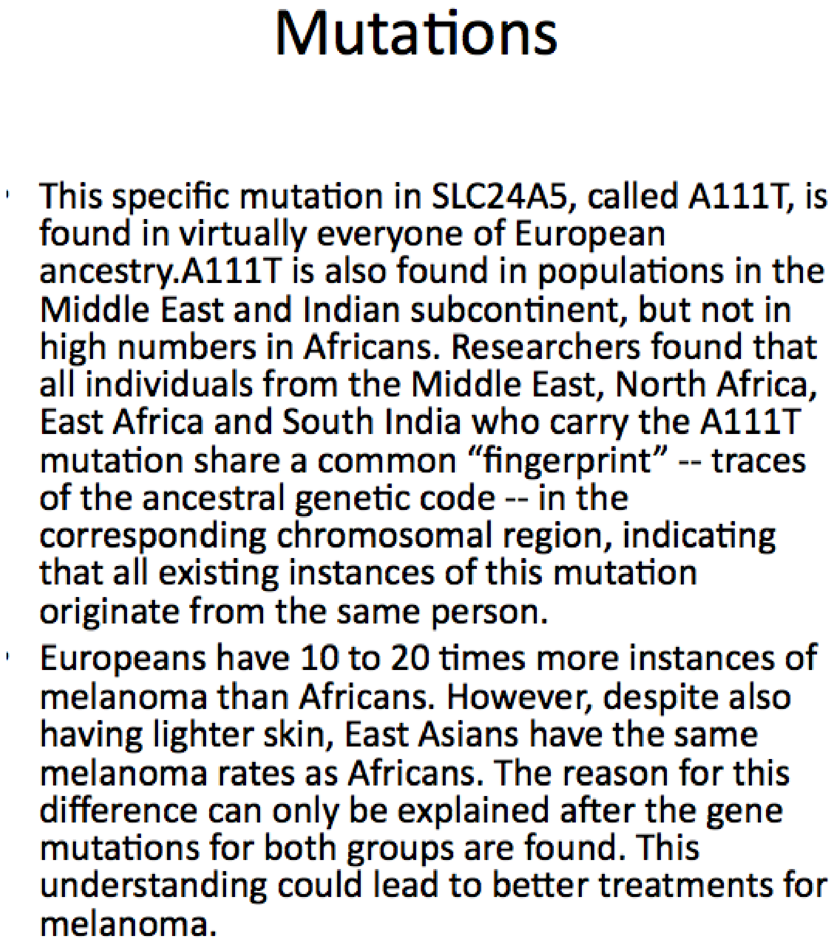
Dr Keith Cheng

Keith Cheng identified a key gene that contributes to lighter skin color in Europeans and differs from West Africans. In 2005, Cheng reported that one amino acid difference in the gene SLC24A5 is a key contributor to the skin color difference between Europeans and West Africans

All instances of a gene mutation that contributes to light skin color in Europeans came from the same chromosome of one person who most likely lived at least 10,000 years ago, according to Penn State College of Medicine researchers

“The mutation in SLC24A5 changes just one building block in the protein, and ***contributes about a third of the visually striking differences*** in skin tone between peoples of African and European ancestry,” said Cheng, Distinguished Professor of Pathology.

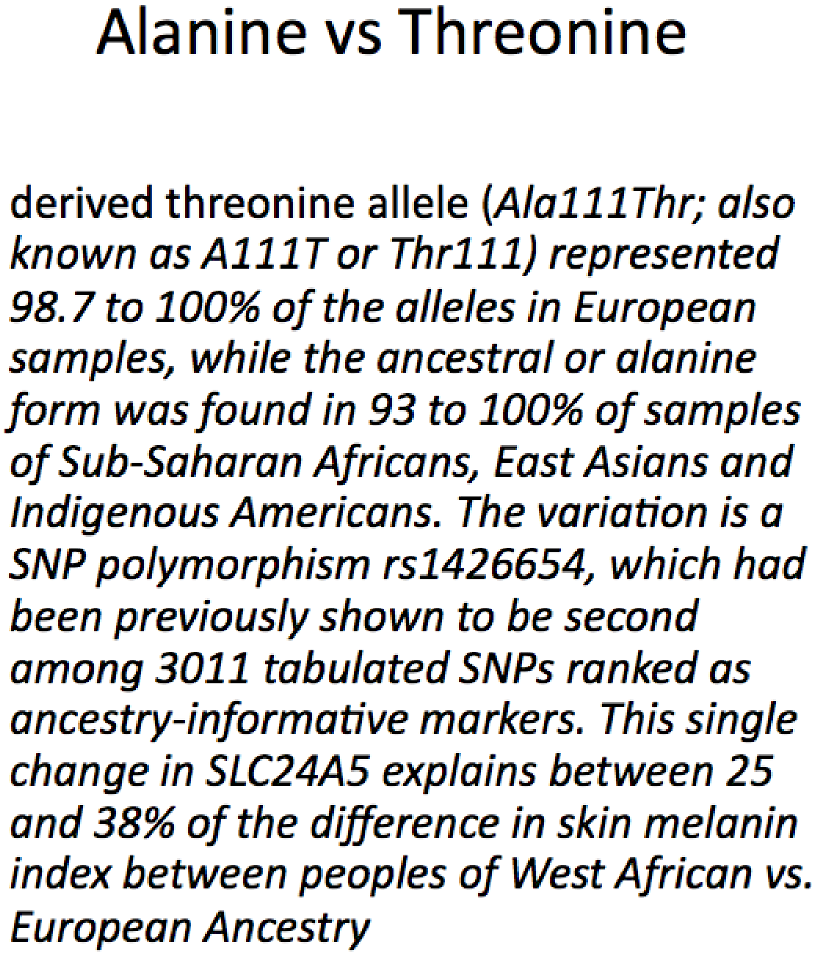
Other Methods of Melanin Production Discovered



Mutations

- This specific mutation in SLC24A5, called A111T, is found in virtually everyone of European ancestry.A111T is also found in populations in the Middle East and Indian subcontinent, but not in high numbers in Africans. Researchers found that all individuals from the Middle East, North Africa, East Africa and South India who carry the A111T mutation share a common “fingerprint” -- traces of the ancestral genetic code -- in the corresponding chromosomal region, indicating that all existing instances of this mutation originate from the same person.
- Europeans have 10 to 20 times more instances of melanoma than Africans. However, despite also having lighter skin, East Asians have the same melanoma rates as Africans. The reason for this difference can only be explained after the gene mutations for both groups are found. This understanding could lead to better treatments for melanoma.

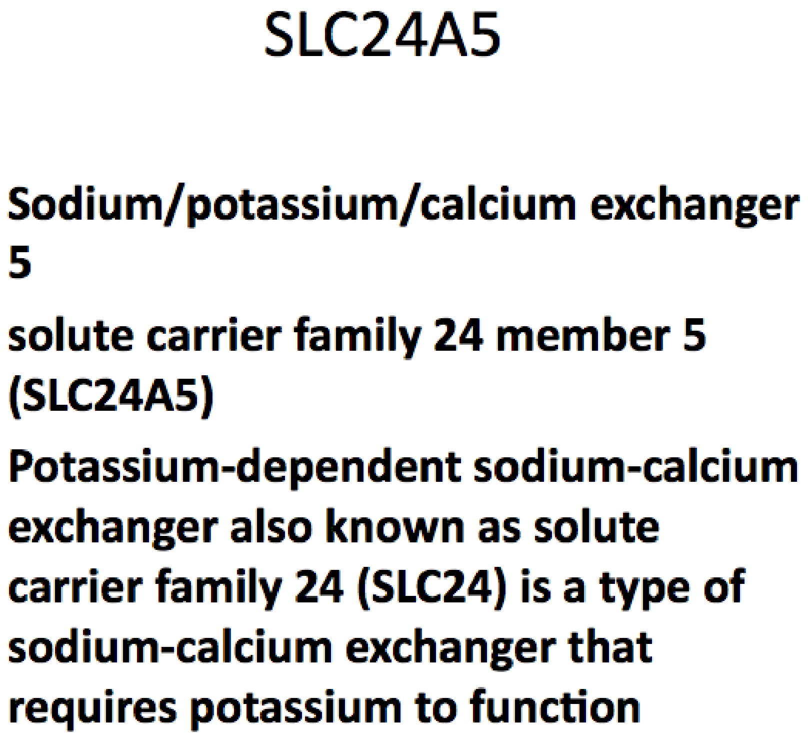
Other Methods of Melanin Production Discovered



Alanine vs Threonine

derived threonine allele (*Ala111Thr; also known as A111T or Thr111) represented 98.7 to 100% of the alleles in European samples, while the ancestral or alanine form was found in 93 to 100% of samples of Sub-Saharan Africans, East Asians and Indigenous Americans. The variation is a SNP polymorphism rs1426654, which had been previously shown to be second among 3011 tabulated SNPs ranked as ancestry-informative markers. This single change in SLC24A5 explains between 25 and 38% of the difference in skin melanin index between peoples of West African vs. European Ancestry*

Other Methods of Melanin Production Discovered



SLC24A5

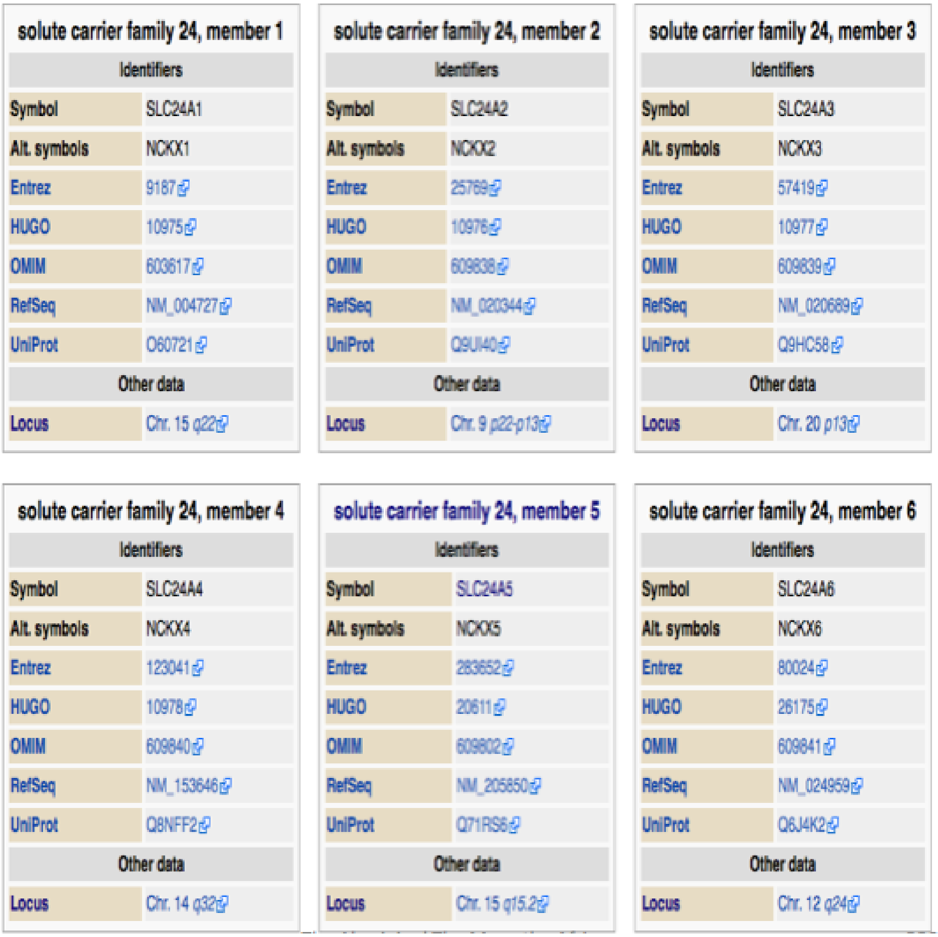
Sodium/potassium/calcium exchanger 5

solute carrier family 24 member 5 (SLC24A5)

Potassium-dependent sodium-calcium exchanger also known as solute carrier family 24 (SLC24) is a type of sodium-calcium exchanger that requires potassium to function

Other Methods of Melanin Production Discovered

Human genes that encode members of the potassium-dependent sodium-calcium exchanger family



solute carrier family 24, member 1	
Identifiers	
Symbol	SLC24A1
Alt. symbols	NCKX1
Entrez	9187
HUGO	10975
OMIM	603617
RefSeq	NM_004727
UniProt	O60721
Other data	
Locus	Chr. 15 q22

solute carrier family 24, member 2	
Identifiers	
Symbol	SLC24A2
Alt. symbols	NCKX2
Entrez	25769
HUGO	10976
OMIM	609838
RefSeq	NM_020344
UniProt	Q9UI40
Other data	
Locus	Chr. 9 p22-p13

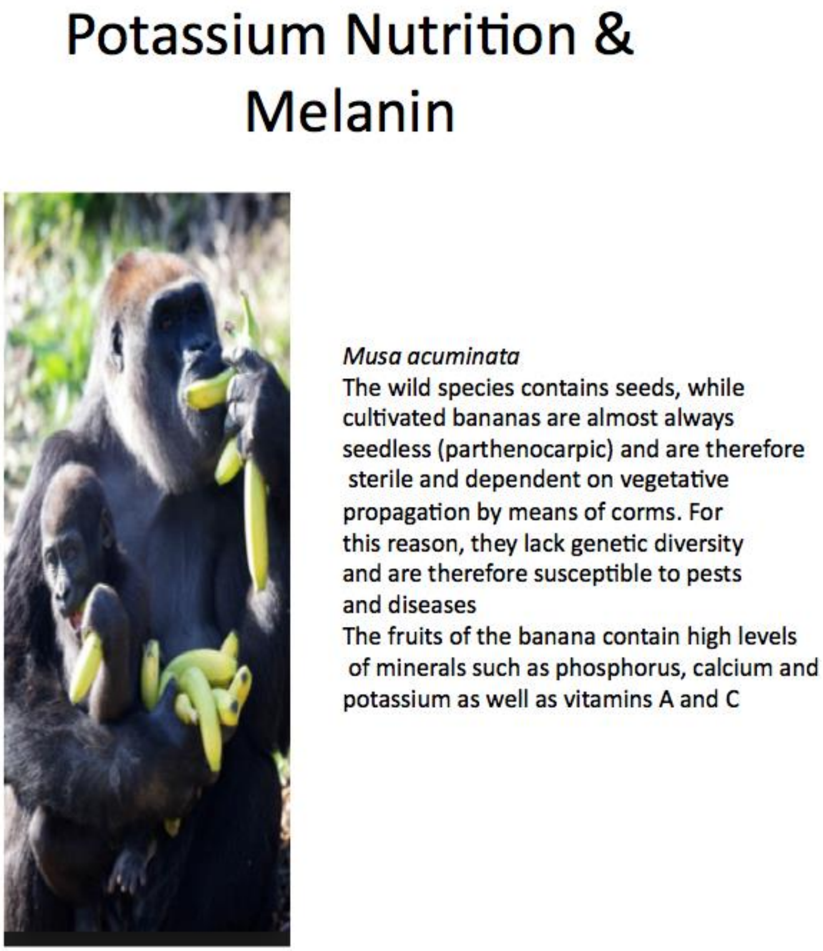
solute carrier family 24, member 3	
Identifiers	
Symbol	SLC24A3
Alt. symbols	NCKX3
Entrez	57419
HUGO	10977
OMIM	609839
RefSeq	NM_020689
UniProt	Q9HC58
Other data	
Locus	Chr. 20 p13

solute carrier family 24, member 4	
Identifiers	
Symbol	SLC24A4
Alt. symbols	NCKX4
Entrez	123041
HUGO	10978
OMIM	609840
RefSeq	NM_153646
UniProt	Q8NFF2
Other data	
Locus	Chr. 14 q32

solute carrier family 24, member 5	
Identifiers	
Symbol	SLC24A5
Alt. symbols	NCKX5
Entrez	283652
HUGO	20611
OMIM	609802
RefSeq	NM_205850
UniProt	Q71RS6
Other data	
Locus	Chr. 15 q15.2

solute carrier family 24, member 6	
Identifiers	
Symbol	SLC24A6
Alt. symbols	NCKX6
Entrez	80024
HUGO	26175
OMIM	609841
RefSeq	NM_024959
UniProt	Q6J4K2
Other data	
Locus	Chr. 12 q24

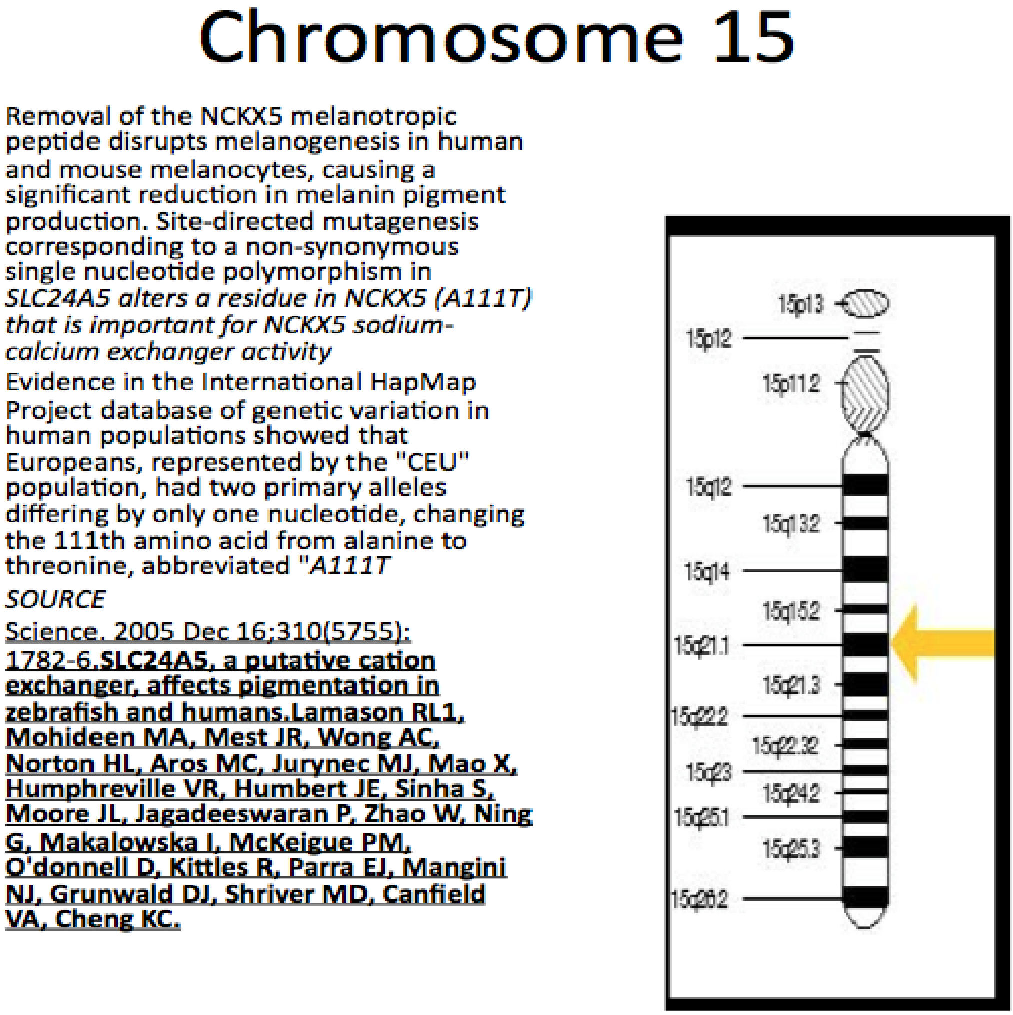
Other Methods of Melanin Production Discovered



Potassium Nutrition & Melanin

Musa acuminata
The wild species contains seeds, while cultivated bananas are almost always seedless (parthenocarpic) and are therefore sterile and dependent on vegetative propagation by means of corms. For this reason, they lack genetic diversity and are therefore susceptible to pests and diseases
The fruits of the banana contain high levels of minerals such as phosphorus, calcium and potassium as well as vitamins A and C

Other Methods of Melanin Production Discovered



Chromosome 15

Removal of the NCKX5 melanotropic peptide disrupts melanogenesis in human and mouse melanocytes, causing a significant reduction in melanin pigment production. Site-directed mutagenesis corresponding to a non-synonymous single nucleotide polymorphism in *SLC24A5 alters a residue in NCKX5 (A111T) that is important for NCKX5 sodium-calcium exchanger activity*

Evidence in the International HapMap Project database of genetic variation in human populations showed that Europeans, represented by the "CEU" population, had two primary alleles differing by only one nucleotide, changing the 111th amino acid from alanine to threonine, abbreviated "*A111T*

SOURCE

Science. 2005 Dec 16;310(5755): 1782-6.**SLC24A5, a putative cation exchanger, affects pigmentation in zebrafish and humans.Lamason RL1, Mohideen MA, Mest JR, Wong AC, Norton HL, Aros MC, Jurynec MJ, Mao X, Humphreville VR, Humbert JE, Sinha S, Moore JL, Jagadeeswaran P, Zhao W, Ning G, Makalowska I, McKeigue PM, O'donnell D, Kittles R, Parra EJ, Mangini NJ, Grunwald DJ, Shriver MD, Canfield VA, Cheng KC.**

The Antiquity & Origin of Meatless Diets, The Health Benefits and Its Origins with the Indigenous Peoples

I have been a nutritionist for 18 years and a practicing Indigenous Doctor of health for 12 years and I get these-two questions often.

1) Is it safe nutritionally not to eat meat (flesh) and if so where will I get my protein?
2) Did any ancient people practice not eating meat?

Before I start answering these questions in detail, I will lay out my thesis.

1) The group of people who advocated meatless diet were none other than the Indigenous groups of the Levant (Middle East), and North East Africa. These groups made mass migrations further into Africa at various periods of invasion. Prior to these forced migrations, these groups had already had many interactions with Indigenous klans in these areas. Today We call these Indigenous Peoples by many pseudo names such as, Saracens, Moors, Ansar-Nasr-Nasarean, Muhijar, Umayyad Muslims etc… These said Indigenous Peoples were the progenitors of the ancient Empire of Punt also known as Ta Ntr which was the foundation of the later Ta Mry (Ancient Egypt) and the Kushite (Ethiopia Western & Eastern[54] .
2) The Honorable Elijah Muhammad classified this group by stating the name Shabazz. The Honorable Elijah Muhammad also advocated a meatless diet in the two

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[54] According to the truest opinion of them who place two Aethiopias above the deserts of Africa: and especially of Homer, who saith that the Aethiopians are divided TWO ways towards the East and West Pliny the Elder Natural History Book IV Page 58-59

Volumes of How to Eat to Live as the Best Diet for our People.

3) Dr Ben Jochanan gives us the association of these Blacks with both migrations into and founding of certain African ethno-groups in his book African Origins of the Western Major Religions. He states "In North Africa, just before the period of Christianity's legal entry into Rome – due to Constantine "the Great" conversion in the 4th century – there were many Hebrew (Jewish) 'tribes' that are of indigenous African (the so-called 'Negroes') origin. These African Jews, as all other Romanized-Africans of this era, were caught in a rebellion in Cyrene (Cyrenaica) during 115 C.E. against Roman imperialism and colonialism. This rebellion also marked the beginning of a mass Jewish migration southward into Soudan (Sudan or West Africa) along the way of the city Aer (Air) and into the countries of Futa Jalon and Senegal (Sene-Gambia) which lie below the parabolic curve of the Niger River's most northern reaches, where the City of Tumbut (Timbuktu, Timbuctoo, etc.), Melle (Mali) presently stands."[55] ("African Origins of the Major Western Religions," 1970, p. 76).

With these as a basis let us begin answering the two questions of this discussion. Answering the first one is very easy. The Hue-man being is not designed to eat Flesh (meat) yet there are animals with higher rates of carbon in their tissues than the hybrid animals like cows oigs etc. Some of these are Bison wild fish and a few other land animals that are natural to earth. Eating these animals will not harm you if not done in excess. Nitrogenous Animal flesh protein from the hybrids is toxic. Anyone advocating it as nutrition (If not for transition off of it) shows a SEVERE lack of knowledge of anatomy physiology, the principles of biological vitality, and nutrition. As a Nutritionist I explain this in all of my nutritional literature. In order for a food to be nutritious it MUST BE A FRUIT A VITAL Fruit (Vegetables MUST BE COOKED) and biologically compatible with our biologies. The endocrine system[56] and paracrine[57] operations of cells and hormones requires that the nutrients be Vital. Eating dead nitrogenous flesh (meat) offers no life to the body. Animals that eat flesh have large Canine teeth for capturing and eating the animals LIVE. They have the corresponding digestive tract that allows for breakdown of the tissues. Hue-Mans do not have either the teeth, digestive tracts, or the cell similarity to take in flesh (meat) as a form of nutrition.

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[55] ("African Origins of the Major Western Religions," 1970, p. 76).

On the question of “where will I get my protein”, I always answer, :

I grew up down south and when my family hunted deer we would look at the size of the animal (deer) and be in fear because of the sizes of the antlers, height, and apparent strength of the animal. Deers are herbivores. Now ask a simple question where do they get their protein? Where does a horse in the wild get its protein? Very simple, Its genetic and assisted by DNA Methylation.

The real building blocks of life are carboxylic acids, The were invaded by trace amines and thus the use of the term amino acids.

The body of the Original people classified today genetically as Africoid[58] is made primarily of carboxylic acids. Carboxylic acids are the foundational compounds for what we call eu-melanin, the only true earth melanin polymer (compound). Eu-Melanin is a fancy word for compounds of carbon. Plants are what keeps cellular respiration and melanin healthy. I say that to say, the biology of the Original People is what makes them HUE-Man and thus in my saying that hue-mans are not designed to eat nitrogenous flesh (meat) I speak of the original earth biology of the Original People.

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[56] The Endocrine system is the complex glandular system that is responsible for chemical changes in the cells at the direction of brain glands plexuses and other glandular communications liver thyroid thymus etc… These glands house and distribute hormones that act of cell receptors to establish biological physiological and anatomical changes in cells.

[57] Paracrine operations deal with cell to cell communication via magnetic and electrical signaling and receptors for binding as well as intercellular fluids (lymph aka water) that transmit signaling

[58] Male haplogroups A and subclades B and subclades and sometimes D & E Female haplogroups L including L0 L1 L2 L4 L5 L6 mitochondrial

I have written and presented extensively on the anatomy, physiology bio-genetics, and bio-diversity of races, the origins of these bio-diversities, and the nutritional needs of each said ‘race’. I have written on this according to genetics.

Now I take up a MUCH easier task, explaining the answer to question number two. Did any Ancient people practice not eating meat (flesh). According to my studies there are only a few groups of people spoken of who ate no meat (flesh) as a consistent dietary practice and only 2 have extensive records (Afro-Asiatic and their Greek students). Many other groups who studied amongst this group adopted their practices. According to some written records this group (Afro-Asiatics) is the oldest lineage on the planet. Without arguing that point let us consider who this group is. They are addressed to us as an Afro-Asiatic group.

As the issue of diet is concerned, they enter the record under the name Ansaar. yet they are distinct from the invading class of Euro-Jews who admittingly converted to the systems of these Afro-Asiatics. Of all the various groups, nationalities, and ethnic groups in written records they have the longest standing records that they ate NO MEAT. The author holds many other views about this group that would be considered by historians ‘radical’, yet let us get to proving

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lines excluding L3 as the progenitor of all M and N which are the non African Mitochondrial groups this issue of their not having a flesh (meat) based diet then entertain some of the other claims.

"The Nasarean (Ansar) – they were Jews by nationality [59]*– originally from Gileaditis, Bashanitis and the Transjordan… It (sect of Nasareans) also recognized as fathers the persons in the Pentateuch from Adam to Moses who were illustrious for excellence of their piety. However they would not accept the Pentateuch (5 Books) itself. They acknowledged Moses and believed that he had received legislation (laws) – not this law, though, but some other. And so, though they were Jews who kept all the Jewish observances, they would not offer sacrifice or eat meat. In their eyes it was unlawful to eat meat or make sacrifices with it. They claim that these Books are forgeries, and that none of these customs were instituted by their fathers. This was the difference between the Nasarean and the others*[60].

The Next group well known in literature for not eating flesh (meat) of animals were the followers of Pythagoras. Pythagoras was a 6th century B.C. Ionian Greek who traveled to the areas where the Indigenous peoples were and Africans (Ancient Egyptians) were for education. His trips to the said Middle East would have experienced a world where the last dynasties of black rule in Ancient Egypt were in place under Pharaoh Amasis II and where the rule of the Black Semites was under the assault of the Persian King Nebuchadnezzar of Babylon.

The demographics of the pre-Nebuchadnezzar period was the deeply allied Kushite dynasties of Ancient Egypt (25th & 26th) and their associated Vassal states in Judah. The Black Semitic leaders of Judah at the time were appointed by their Black Family, the Kushites (Ethiopians). I will not qualify all of the historical associations between the Kushites and Black Semites of Judah (Nasareans-Ansar) at this point. I have used Dr Ben Jochanan statement in the intro of this discussion as good footing. The point of focus is that Pythagoras in coming to study would have learned dietary practices from this group.

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[59] Epiphanius of Salamis uses the same term as Josephus 'gens' to describe this group of Jews. Gens is Latin for birth nationality or race. The Greek is gyn, which means woman and birth.

[60] Panarion 1:18 by Epiphanius of Salamis

In The Epistulae Morales of Seneca, Seneca discusses the dietary practices of these Ionian Greeks who had learned these ‘foreign rites’ from the travels of the Philosopher Pythagoras.

Diogenes Laertius reported that Pythagoras had undertaken extensive travels, and had visited not only Egypt, but Arabia, Phoenicia, Judaea, Babylon, and even India, for the purpose of collecting all available knowledge, and especially to learn information concerning the secret or mystic cults of the gods[61]

These are the words of Seneca in respect to the history of the Pythagoreans’ dietary practices,

“17. Inasmuch as I have begun to explain to you how much greater was my impulse to approach philosophy in my youth than to continue it in my old age, I shall not be ashamed to tell you what ardent zeal Pythagoras inspired in me. Sotion used to tell me why Pythagoras abstained from animal food, and why, in later times, Sextius did also. In each case, the reason was different, but it was in each case a noble reason 22. I was imbued with this teaching, and began to abstain from animal food; at the end of a year the habit was as pleasant as it was easy. I was beginning to feel that my mind was more active; though I would not to-day positively state whether it really was or not. Do you ask how I came to abandon the practice? It was this way: The days of my youth coincided with the early part of the reign of Tiberius

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[61] Diogenes Laërtius, viii. 2; Porphyry, *Vit. Pyth.* 11, 12; Iamblichus, *Vit. Pyth.* 14,

Caesar. Some foreign rites were at that time being inaugurated[62]

So let us ask the simple question who taught the Pythagoreans these ‘foreign rites’? It would only make sense that if Pythagoras was in the Levant (Middle East) amongst these Black Semites and in Northeast Africa when the Kushite power was still there (though waning), that he would have had to learn it from one of those civilizations. The said ‘strange diet of the Jews’[63] was widely discussed in antiquity as an ANOMALY, different from any other people. It is widely known that the later Euro-Jews abstained from eating pork along with their Black Asiatic Semitic progenitors. What is not known widely is the position taken by these Black Semites (Asiatics) that the books (then held by the Euro-Jews) had been tampered with.

It is clear from the First Book of the Pentateuch (Genesis) that a diet of no flesh (meat) was prescribed. Genesis 1:29 states,

“Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. 30 And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food.” And it was so. “

The Quran is clear that the groups who propagated the text were against eating anything that was ‘dead’. They used the word al maut. The Quran states the following in Surah 5 Al Maidah verse 3,

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[62] Epistulae Morales 108.22 Seneca

[63] Philo Legation 361 – Macrobiius Sat. 2.4.11 – Juvenal Sat 14 98-99

“Surah 5 Al Maidah verse 3- Forbidden to you is that which is dead[64], and the Bodily Fluids[65] (Al daam of animals), and the Flesh of swine (pigs), and what is not made fit for Allah

There are some who say that the Quran does condone the eating of animal flesh. I reject that stance and can easily expose the mistranslations and tampering with the book that the authors of Quran claim themselves, that a group says its from Allah and it is not (A Writing). The best example is the common mistranslation of the word Aan’am. Aan’am is usually translated to mean Cattle. Surah 6 is called Al Aan’am and most translators translate it to mean cattle. This is erroneous and misleading. The first appearance of the word aan’am occurs in the all to famous Al Fatiha the first and most recited part of the Quran. The Al Fatiha is called the Opening and is placed as the first Surah (Chapter). The word occurs in the 6th verse and is transliterated herein,

“ Siratal ladhina an’amta alayhym”

This phrase is easily translated to The Path (Siratal) of those (Ladhina) upon them (alayhym) is AAN”AM-ta (Divine power, Divine Protection).

The full translation in sequence is

•1) In the Nature & Power of Allah, The Master of Spiritual Insight , The Perceiver of All Truth

•2) Supreme Devotion is for the Originator , Nourisher, and Sustainer of Everything

•3) The Master of Spiritual Insight, The Perceiver of All Truth

•4) Master of the Period of Judgment

•5) We are Servants and We seek Divine Protection

•6) By This We are Guided on the Correct Path

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[64] The Arabic word used here is ‘Al maitatu’ from ‘Al maut’ which means ‘The death or The dead’, so the common translation of that which dies of itself is incorrect, but the translation should read that which is dead

[65] Al Daam refers to the Blood, lymph, or any bodily fluid of all animals, which should never be eaten as it contains wastes etc. These fluids are not removed from the flesh of the animals in their so-called preparation for human consumption. They cause disease states

•7) The Way of those who have Divine Power (Aan'am-ta) Bestowed Upon Them
•8) Not those whom chastisement is upon them and not of those who are misguided

It would be foolish to translate this to mean Cattle. Those unfamiliar with Islam’s Indigenous origins are unaware of how the early enemies of Islam converted to the system in order to subvert it. The Aan'am are said in the Qur’an to be 8 (thamaniya) and these eight aan’am are apart of a system of divination where they represent elements of nature and conditions. We call them the 4 qualities and 4 elements

These are our real FOODS or that which we ‘feed from’ . Allah (The Original Mind – Dark Energy) is the one who feeds and is not feed. Fire Air Water Earth, Hot Cold Wet and Dry are the 8 Aan’am which are our food. At the center is the primal logos, the Mind (nur & nafs) of the Creator Allah.

Table of Aan’am versus Al Maut

Sunlight or Fire Photons		Lunar frequencies
Atmosphere or Air Oxygen	VS	Anaerobic Nitrogen
Water or H2O		Ammonia/Ammonium
Earth or Carbon Carbohydrates		Amine Nitrogen Sulphur Pheo-pigment

Fire equals the Sun and its particles/waves photons and Africoid genetics is the ONLY genetics that is Solar symbiotic, thus to eat something that is not Solar based is to cause disease. Air equals the Earths Atmosphere, called the samawati (heavens) which is said to have 7 parts (layers) to it[66] . The Water is vital for all life and the Earth represents the carbon the most covalent organic substance on earth in addition to the other earth elements. We are made of these ‘ANCESTORS’ or ELEMENTS. Our bodies descend from them. Based on temperature (Hot-Cold) and level of moisture (Wet & Dry) we can transmute these ‘ancestors or elements into different life forms. Our foods should be composed of these things.

A diet of flesh (meat) is a diet of death. It destroys vitality. The Original People have always had groups who preserved this wisdom and beyond. To say no Indigenous civilizations practiced meatless diets IS TO SHOW SEVERE IGNORANCE OF RECORDS OF HISTORY. In fact, the people who have the largest volume of recorded history have preserved the knowledge of their practices. We just don’t know who the Original People are.

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[66] Surah 41:12 ..."So He completed them as seven 'heavens'(levels of atmosphere) in 2 periods of time and he assigned each heaven (level of atmosphere) its laws of operation (amrahaa)...And we manifested (zayanaa) in the world of the heavens (as-samaa-ad dunyaa) a morning dawn (bimasaabiyha) and strengthened it (The atmosphere). This was all done after a CATACLYSM where for some time the Sun had been blocked out and the Earths Magnetic Field (Atmosphere) had been impacted. The restoration of the eco-system is being discussed here, not the creation of the entire earth in 6 periods. It took 6000 years from the last pole shift of 12960 years ago to restore the earth’s eco-system and this is why both Bible and Quran discuss this as being done by GODS and Not one God. The discussion is on refurbishing after a disaster, not a discussion on creating the whole universe in six thousand years. We are now 6 thousand years from that refurbishment and the birth of the pale races who have a ‘genesis’ from that period.

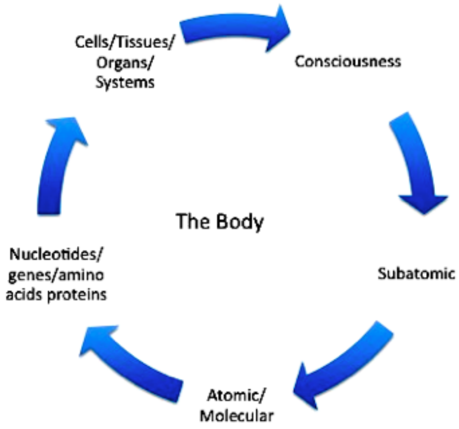
REAL BODY BUILDING

- Consciousness from the Creator forms and composes all Subatomic particles (Dark Energy/Matter)
- Subatomic particles form and compose all atoms
- Atoms form and compose all molecules
- Molecules form and compose all nucleotides, which are A-C-T and G of DNA/ONA (Adenine, Cytosine, Thymine, Guanine)
- Nucleotides make up all Carboxylate salts (misnamed amino acids) (64 possible codons) and these carboxylic acids (28 Current) form and compose genes (7 Nucleotides) and said proteins
- Carbon compounds misnamed amines & Proteins form and compose all tissue along with minerals and lime. Tissues form and compose all organs. Organs form and compose all systems. The systems make of the human anatomy and physiology. Since the Body is essentially consciousness then ALL disease is a direct effect of human consciousness.

Then what is consciousness? According to the best ancient and modern information available consciousness is composed of waves disseminating from Black holes (Singularity) (Creators Throne [Al Arsh Al Istawa]. Waves are a condition of something we call today Dark Energy. Dark energy has 2 attributes.

Black and infinite. As the primary fuel substance and energy of all things it is very important then to understand why your black carbon (aka melanin) is the subject of great study.

Carbon and chains of it (Melanin) are black because they have the property of absorbing all frequencies of radiation (light) in the electromagnetic spectrum. Yes the blacker the berry the sweeter the juice is real science. The magnetic fields that make up each cell then are fueled by this dark energy and thus the cause of disease then has to be the loss of this energy source (The Creator) via any things we are doing to ‘chaotically obstruct’ instead of coherently attenuating that which is the fuel of every living thing in the universe. Disease then is a disconnection from God and Culture.



Real Body Building

Aboriginal Denition- Study of Teeth

Problems in System Exist	Yes	No	Specific Organs
Brain and CNS			
Endocrine System			
Respiratory System			
Lymphatic-Immune System			
Circulatory System			
Digestive System			
Excretory System			
Reproductive System			
Muscular System			
Skeletal System			
Meridian System			
Integumentary System (Skin)			

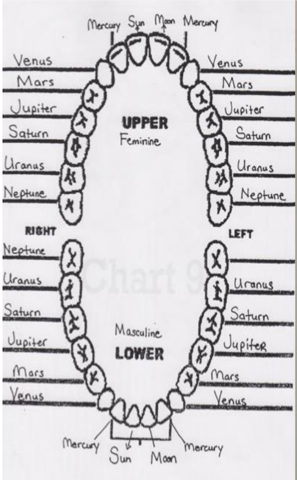
Teethe Quadrants 4 and corresponding types of body systems

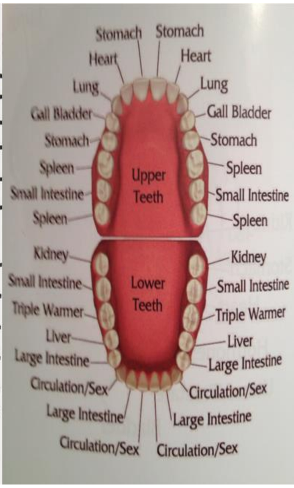
Upper left quadrant represents Earth Systems – Taurus or endocrine, Virgo or Digestive, Capricorn or Skeletal

Upper Right quadrant represents Water Systems – Cancer Lymph & Immune, Scorpio Reproductive, and Pisces Skin

Lower Left quadrant represents Air Systems – Gemini - Respiratory, Libra-Excretory, Aquarius – Meridian

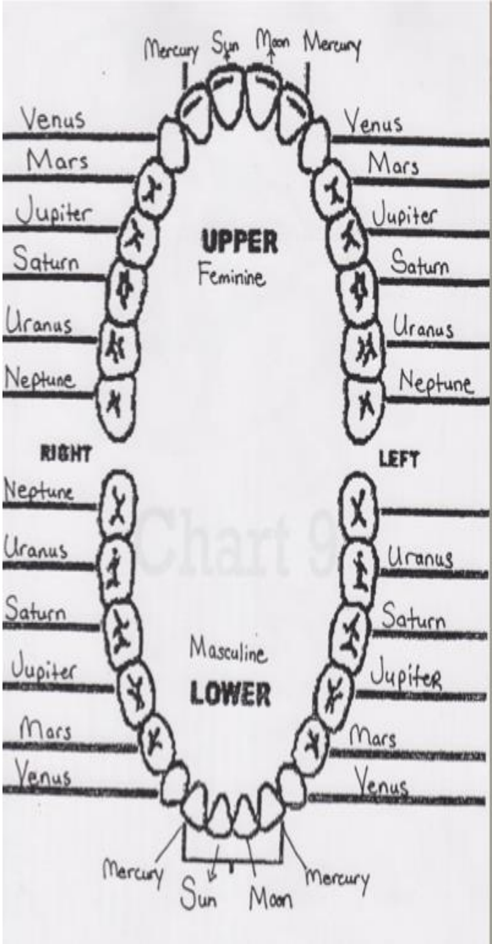
Lower right quadrant represents Fire Systems – Aries Brain and Central Nervous, Leo Circulatory, Sagittarius-Muscles

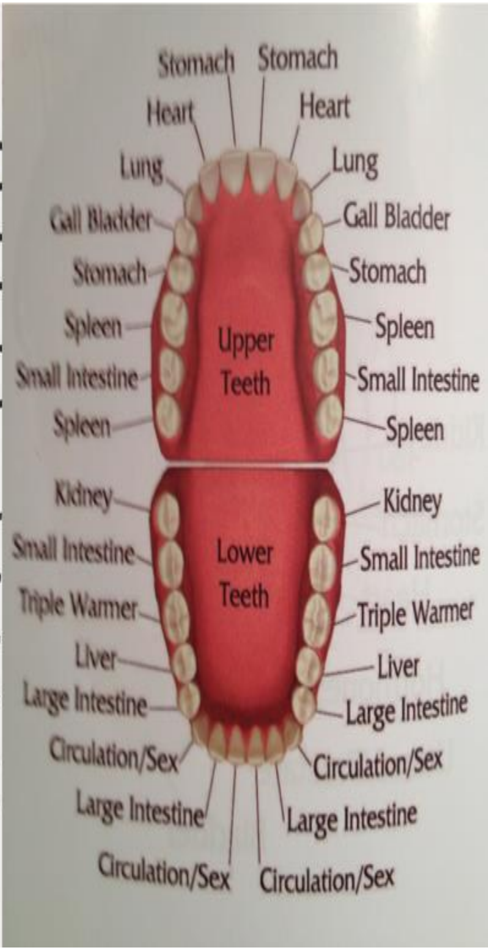




Aboriginal Denition © ®

What Organ is In Trouble Based on Teeth & Corresponding Bio-Psychological Issue based on Planetary Magnetic Correspondence





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[1] According to the truest opinion of them who place two Aethiopias above the deserts of Africa: and especially of Homer, who saith that the Aethiopians are divided TWO ways towards the East and West Pliny the Elder Natural History Book IV Page 58-59

[1] (“African Origins of the Major Western Religions,” 1970, p. 76).

[1] The Endocrine system is the complex glandular system that is responsible for chemical changes in the cells at the direction of brain glands plexuses and other glandular communications liver thyroid thymus etc… These glands house and distribute hormones that act of cell receptors to establish biological physiological and anatomical changes in cells.

[1] Paracrine operations deal with cell to cell communication via magnetic and electrical signaling and receptors for binding as well as intercellular fluids (lymph aka water) that transmit signaling

[1] Male haplogroups A and subclades B and subclades and sometimes D & E Female haplogroups L including L0 L1 L2 L4 L5 L6 mitochondrial lines excluding L3 as the progenitor of all M and N which are the non African Mitochondrial groups

[1] Epiphanius of Salamis uses the same term as Josephus ‘gens’ to describe this group of Jews. Gens is Latin for birth nationality or race. The Greek is gyn, which means woman and birth.

[1] Panarion 1:18 by Epiphanius of Salamis

[1] Diogenes Laërtius, viii. 2; Porphyry, *Vit. Pyth.* 11, 12; Iamblichus, *Vit. Pyth.* 14,

[1] Epistulae Morales 108.22 Seneca

[1] Philo Legation 361 – Macrobiius Sat. 2.4.11 – Juvenal Sat 14 98-99

[1] The Arabic word used here is ‘Al maitatu’ from ‘Al maut’ which means ‘The death or The dead’, so the common translation of that which dies of itself is incorrect, but the translation should read that which is dead

[1] Al Daam refers to the Blood, lymph, or any bodily fluid of all animals, which should never be eaten as it contains wastes etc. These fluids are not removed from the flesh of the animals in their so-called preparation for human consumption. They cause disease states

[1] Surah 41:12 ..."So He completed them as seven 'heavens'(levels of atmosphere) in 2 periods of time and he assigned each heaven (level of atmosphere) its laws of operation (amrahaa)...And we manifested (zayanaa) in the world of the heavens (as-samaa-ad dunyaa) a morning dawn (bimasaabiyha) and strengthened it (The atmosphere). This was all done after a CATACLYSM where for some time the Sun had been blocked out and the Earths Magnetic Field (Atmosphere) had been impacted. The restoration of the eco-system is being discussed here, not the creation of the entire earth in 6 periods. It took 6000 years from the last pole shift of 12960 years ago to restore the earth’s eco-system and this is why both Bible and Quran discuss this as being done by GODS and Not one God. The discussion is on refurbishing after a disaster, not a discussion on creating the whole universe in six thousand years. We are now 6 thousand years from that refurbishment and the birth of the pale races who have a ‘genesis’ from that period.

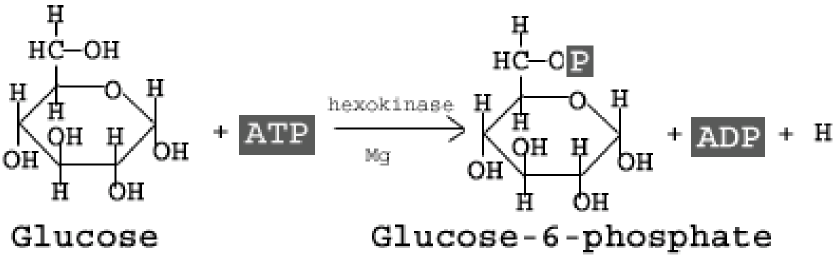
CELL ENERGY CYCLE 3 PART Glycolysis, Citric Acid, Cellular Respiration

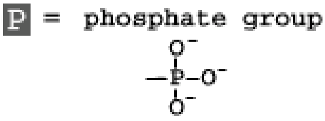
Glycolysis is the metabolic process that serves as the foundation for both aerobic and anaerobic cellular respiration. In glycolysis, glucose is converted into pyruvate. Glucose is a six- memebered ring molecule found in the blood and is usually a result of the breakdown of carbohydrates into sugars. It enters cells through specific transporter proteins that move it from outside the cell into the cell's cytosol. All of the glycolytic local cell hormone (LCH)s are found in the cytosol.

The overall reaction of glycolysis which occurs in the cytoplasm is represented simply as:

$C_6H_{12}O_6$ + 2 NAD^+ + 2 ADP + 2 P ——> 2 pyruvic acid, (CH_3(C=O)COOH + 2 ATP + 2 NADH + 2 H^+

Step 1: Hexokinase





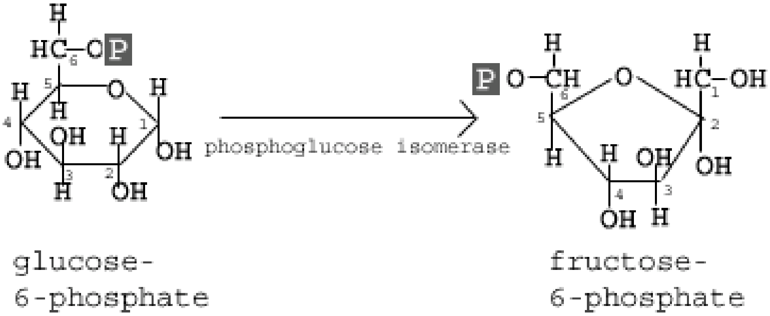
The first step in glycolysis is the conversion of D-glucose into glucose-6-phosphate. The local cell hormone (LCH) that catalyzes this reaction is hexokinase.

Details:

Here, the glucose ring is phosphorylated. Phosphorylation is the process of adding a phosphate group to a molecule derived from ATP. As a result, at this point in glycolysis, 1 molecule of ATP has been consumed.

The reaction occurs with the help of the local cell hormone (LCH) hexokinase, an local cell hormone (LCH) that catalyzes the phosphorylation of many six-membered glucose-like ring structures. Atomic magnesium (Mg) is also involved to help shield the negative charges from the phosphate groups on the ATP molecule. The result of this phosphorylation is a molecule called glucose-6-phosphate (G6P), thusly called because the 6′ carbon of the glucose acquires the phosphate group.

Step 2: Phosphoglucose Isomerase



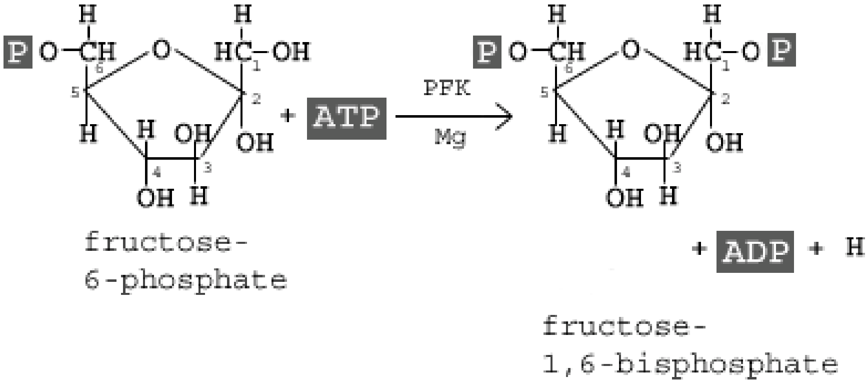
The second reaction of glycolysis is the rearrangement of glucose 6-phosphate (G6P) into fructose 6-phosphate (F6P) by glucose phosphate isomerase (Phosphoglucose Isomerase).

Details:

The second step of glycolysis involves the conversion of glucose-6-phosphate to fructose-6-phosphate (F6P). This reaction occurs with the help of the local cell hormone (LCH) phosphoglucose isomerase (PI). As the name of the local cell hormone (LCH) suggests, this reaction involves an isomerization reaction.

The reaction involves the rearrangement of the carbon-oxygen bond to transform the six-membered ring into a five-membered ring. To rearrangement takes place when the six-membered ring opens and then closes in such a way that the first carbon becomes now external to the ring.

Step 3: Phosphofructokinase



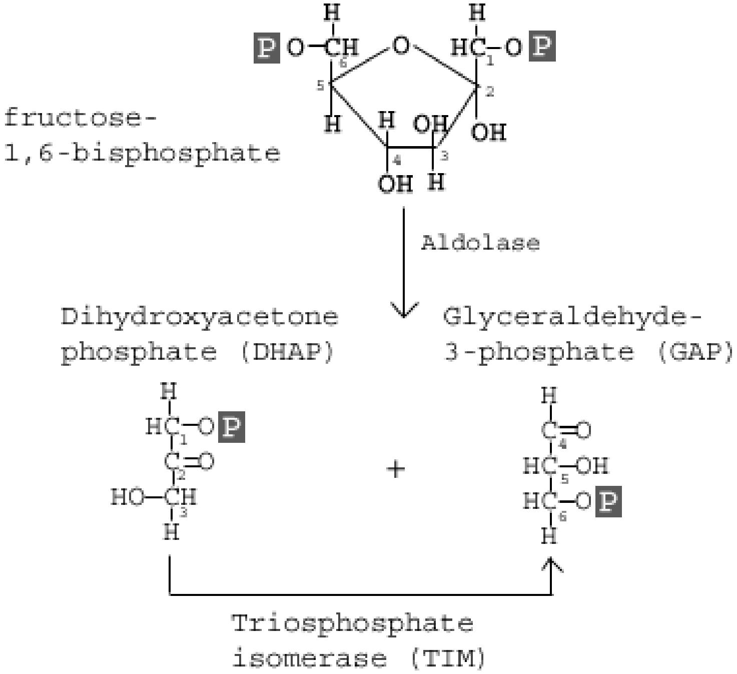
Phosphofructokinase, with magnesium as a cofactor, changes fructose 6-phosphate into fructose 1,6-bisphosphate.

Details:

In the third step of glycolysis, fructose-6-phosphate is converted to fructose- 1,6-*bi*sphosphate (FBP). Similar to the reaction that occurs in step 1 of glycolysis, a second molecule of ATP provides the phosphate group that is added on to the F6P molecule.

The local cell hormone (LCH) that catalyzes this reaction is phosphofructokinase (PFK). As in step 1, a magnesium atom is involved to help shield negative charges.

Step 4: Aldolase

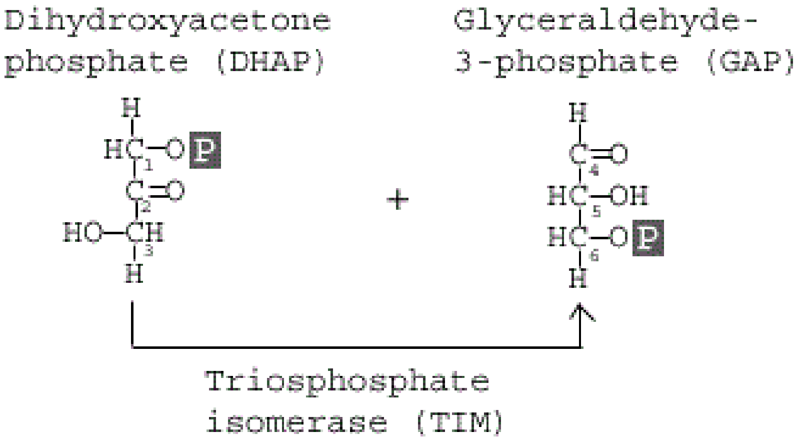


The local cell hormone (LCH) Aldolase splits fructose 1, 6-bisphosphate into two sugars that are isomers of each other. These two sugars are dihydroxyacetone phosphate (DHAP) and glyceraldehyde 3-phosphate (GAP).

Details:

This step utilizes the local cell hormone (LCH) aldolase, which catalyzes the cleavage of FBP to yield two 3-carbon molecules. One of these molecules is called glyceraldehyde-3-phosphate (GAP) and the other is called dihydroxyacetone phosphate (DHAP).

Step 5: Triphosphate isomerase

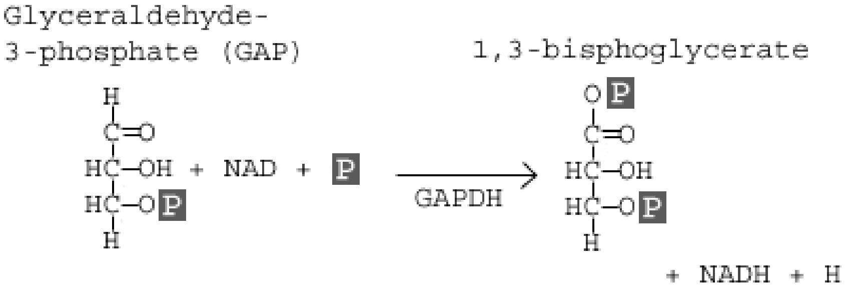

Dihydroxyacetone phosphate (DHAP)
Glyceraldehyde-3-phosphate (GAP)
H
HC—O P
C=O
HO—CH
H
+
H
C=O
HC—OH
HC—O P
H
1
2
3
4
5
6
Triosphosphate isomerase (TIM)

The local cell hormone (LCH) triophosphate isomerase rapidly inter- converts the molecules dihydroxyacetone phosphate (DHAP) and glyceraldehyde 3-phosphate (GAP). Glyceraldehyde phosphate is removed / used in next step of Glycolysis.

Details:

GAP is the only molecule that continues in the glycolytic pathway. As a result, all of the DHAP molecules produced are further acted on by the local cell hormone (LCH) triphoshpate isomerase (TIM), which reorganizes the DHAP into GAP so it can continue in glycolysis. At this point in the glycolytic pathway, we have two 3-carbon molecules, but have not yet fully converted glucose into pyruvate.

Step 6: Glyceraldehyde-3-phosphate Dehydrogenase



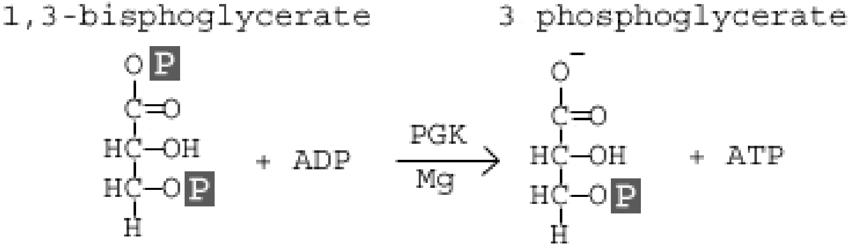
Glyceraldehyde-3-phosphate dehydrogenase (GAPDH) dehydrogenates and adds an inorganic phosphate to glyceraldehyde 3-phosphate, producing 1,3-bisphosphoglycerate.

Details:

In this step, two main events take place: 1) glyceraldehyde-3-phosphate is oxidized by the colocal cell hormone (LCH) nicotinamide adenine dinucleotide (NAD); 2) the molecule is phosphorylated by the addition of a free phosphate group. The local cell hormone (LCH) that catalyzes this reaction is glyceraldehyde-3-phosphate dehydrogenase (GAPDH).

The local cell hormone (LCH) GAPDH contains appropriate structures and holds the molecule in a conformation such that it allows the NAD molecule to pull a hydrogen off the GAP, converting the NAD to NADH. The phosphate group then attacks the GAP molecule and releases it from the local cell hormone (LCH) to yield 1,3 bisphoglycerate, NADH, and a hydrogen atom.

Step 7: Phosphoglycerate Kinase



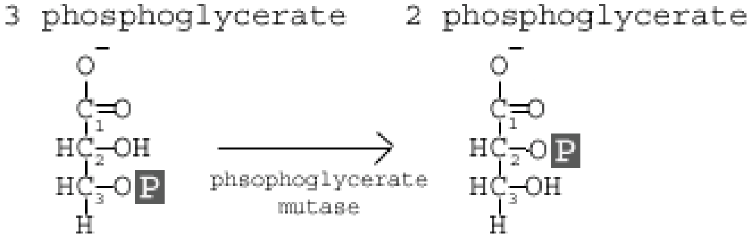
Phosphoglycerate kinase transfers a phosphate group from 1,3-bisphosphoglycerate to ADP to form ATP and 3-phosphoglycerate.

Details:

In this step, 1,3 bisphoglycerate is converted to 3-phosphoglycerate by the local cell hormone (LCH) phosphoglycerate kinase (PGK). This reaction involves the loss of a phosphate group from the starting material. The phosphate is transferred to a molecule of ADP that yields our first molecule of ATP. Since we actually have two molecules of 1,3 bisphoglycerate (because there were two 3-carbon products from stage 1 of glycolysis), we actually synthesize two molecules of ATP at this step. With this synthesis of ATP, we have cancelled the first two molecules of ATP that we used, leaving us with a net of 0 ATP molecules up to this stage of glycolysis.

Again, we see that an atom of magnesium is involved to shield the negative charges on the phosphate groups of the ATP molecule.

Step 8: Phosphoglycerate Mutase



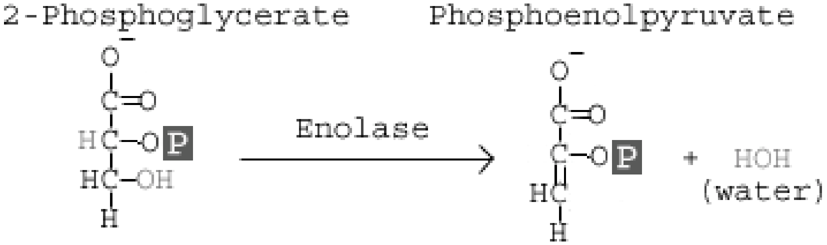
The local cell hormone (LCH) phosphoglycero mutase relocates the P from 3-phosphoglycerate from the 3rd carbon to the 2nd carbon to form 2-phosphoglycerate.

Details:

This step involves a simple rearrangement of the position of the phosphate group on the 3 phosphoglycerate molecule, making it 2 phosphoglycerate. The molecule responsible for catalyzing this reaction is called phosphoglycerate mutase (PGM). A *mutase* is an local cell hormone (LCH) that catalyzes the transfer of a functional group from one position on a molecule to another.

The reaction mechanism proceeds by first adding an additional phosphate group to the 2′ position of the 3 phosphoglycerate. The local cell hormone (LCH) then removes the phosphate from the 3′ position leaving just the 2′ phosphate, and thus yielding 2 phsophoglycerate. In this way, the local cell hormone (LCH) is also restored to its original, phosphorylated state.

Step 9: Enolase

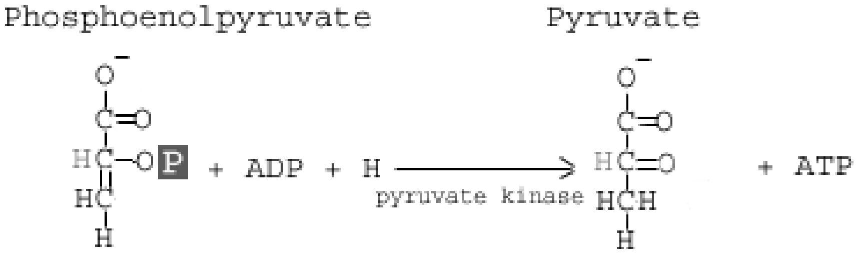


The local cell hormone (LCH) enolase removes a molecule of water from 2-phosphoglycerate to form phosphoenolpyruvic acid (PEP).

Details:

This step involves the conversion of 2 phosphoglycerate to phosphoenolpyruvate (PEP). The reaction is catalyzed by the local cell hormone (LCH) enolase. Enolase works by removing a water group, or *dehydrating* the 2 phosphoglycerate. The specificity of the local cell hormone (LCH) pocket allows for the reaction to occur through a series of steps too complicated to cover here.

Step 10: Pyruvate Kinase



The local cell hormone (LCH) pyruvate kinase transfers a P from phosphoenolpyruvate (PEP) to ADP to form pyruvic acid and ATP Result in step 10.

Details:

The final step of glycolysis converts phosphoenolpyruvate into pyruvate with the help of the local cell hormone (LCH) pyruvate kinase. As the local cell hormone (LCH)'s name suggests, this reaction involves the transfer of a phosphate group. The phosphate group attached to the 2′ carbon of the PEP is transferred to a molecule of ADP, yielding ATP. Again, since there are two molecules of PEP, here we actually generate 2 ATP molecules.

Steps 1 and 3 = – 2ATP
Steps 7 and 10 = + 4 ATP
Net "visible" ATP produced = 2.

Immediately upon finishing glycolysis, the cell must continue respiration in either an aerobic or anaerobic direction; this choice is made based on the circumstances of the particular cell. A cell that can perform aerobic respiration and which finds itself in the presence of oxygen will continue on to the aerobic citric acid cycle in the mitochondria. If a cell able to perform aerobic respiration is in a situation where there is no oxygen (such as muscles under extreme exertion), it will move into a type of anaerobic respiration called homolactic fermentation. Some cells such as yeast are unable to carry out aerobic respiration and will automatically move into a type of anaerobic respiration called alcoholic fermentation.

Steps of the citric acid cycle

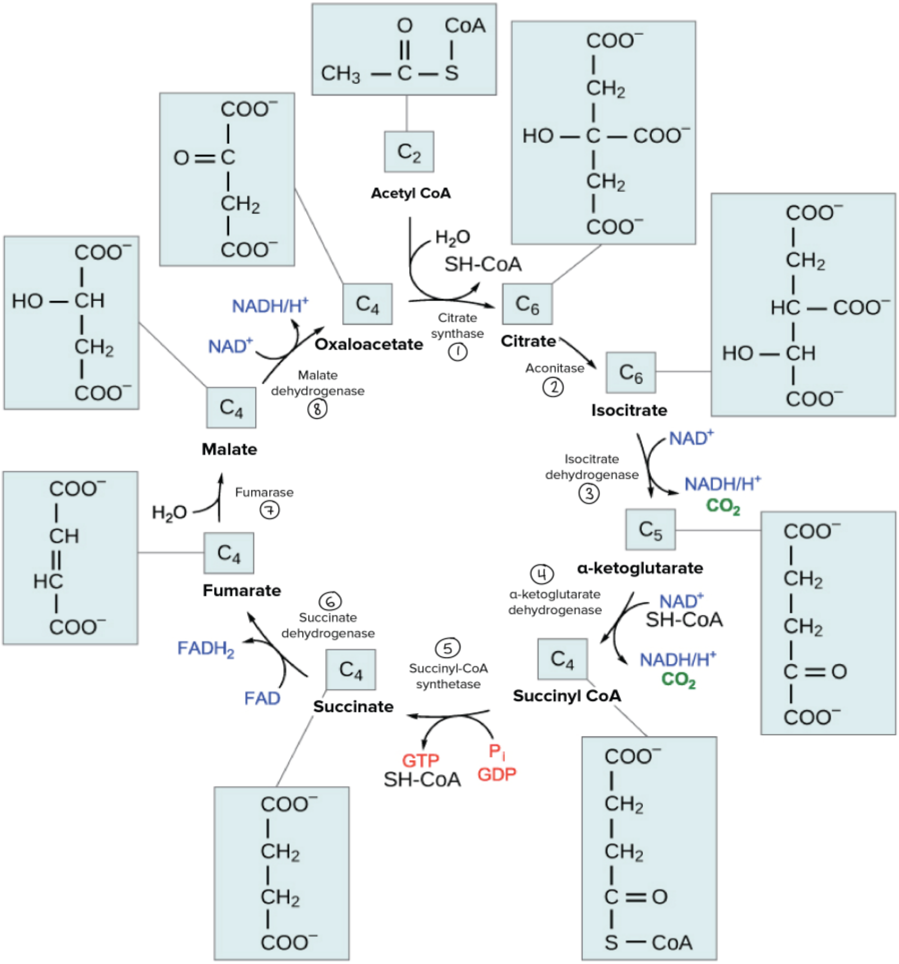
You've already gotten a preview of the molecules produced during the citric acid cycle. But how, exactly, are those molecules made? We'll walk through the cycle step by step, seeing how NADH FADH2 and ATP/GTP are produced and where carbon dioxide molecules are released.

Step 1. In the first step of the citric acid cycle, acetyl CoAC, o, A joins with a four-carbon molecule, oxaloacetate, releasing the CoAC, o, A group and forming a six-carbon molecule called citrate.

Step 2. In the second step, citrate is converted into its isomer, isocitrate. This is actually a two-step process, involving first the removal and then the addition of a water molecule, which is why the citric acid cycle is sometimes described as having nine steps—rather than the eight listed here33start superscript, 3, end superscript.

Step 3. In the third step, isocitrate is oxidized and releases a molecule of carbon dioxide, leaving behind a five-carbon molecule—α-ketoglutarate. During this step, +NAD+N, A, D, start superscript, plus, end superscript is reduced to form NADHN, A, D, H. The local cell hormone (LCHs) catalyzing this step, **isocitrate dehydrogenase**, is important in regulating the speed of the citric acid cycle.

Step 4. The fourth step is similar to the third. In this case, it's α-ketoglutarate that's oxidized, reducing +NAD+N, A, D, start superscript, plus, end superscript to NADHN, A, D, H and releasing a molecule of carbon dioxide in the process. The remaining four-carbon molecule picks up Colocal cell hormone (LCHs) A, forming the unstable compound succinyl CoAC, o, A. The local cell hormone (LCHs) catalyzing this step, **α-ketoglutarate dehydrogenase**, is also important in regulation of the citric acid cycle.



Detailed diagram of the citric acid cycle, showing the structures of the various cycle intermediates and the local cell hormone (LCHs) is catalyzing each step.

Step 1. Acetyl CoA combines with oxaloacetate in a reaction catalyzed by citrate synthase. This reaction also takes a water molecule as a reactant, and it releases a SH-CoA molecule as a product.

Step 2. Citrate is converted into isocitrate in a reaction catalyzed by aconitase.

Step 3. Isocitrate is converted into α-ketoglutarate in a reaction catalyzed by isocitrate dehydrogenase. An NAD+ molecule is reduced to NADH + H+ in this reaction, and a carbon dioxide molecule is released as a product.

Step 4. α-ketoglutarate is converted to succinyl CoA in a reaction catalyzed by α-ketoglutarate dehydrogenase. An NAD+ molecule is reduced to NADH + H+ in this reaction, which also takes a SH-CoA molecule as reactant. A carbon dioxide molecule is released as a product.

Step 5. Succinyl CoA is converted to succinate in a reaction catalyzed by the local cell hormone (LCHs) succinyl-CoA synthetase. This reaction converts inorganic phosphate, Pi, and GDP to GTP and also releases a SH-CoA group.

Step 6. Succinate is converted to fumarate in a reaction catalyzed by succinate dehydrogenase. FAD is reduced to FADH2 in this reaction.

Step 7. Fumarate is converted to malate in a reaction catalyzed by the local cell hormone (LCHs) fumarase. This reaction requires a water molecule as a reactant.

Step 8. Malate is converted to oxaloacetate in a reaction catalyzed by malate dehydrogenase. This reaction reduces an NAD+ molecule to NADH + H+.

Step 5. In step five, the CoAC, o, A of succinyl CoAC, o, A is replaced by a phosphate group, which is then transferred to ADPA, D, P to make ATPA, T, P. In some cells, GDPG, D, P—guanine diphosphate—is used instead of ADPA, D, P, forming GTPG, T, P—guanine triphosphate—as a product. The four-carbon molecule produced in this step is called succinate.

Step 6. In step six, succinate is oxidized, forming another four-carbon molecule called fumarate. In this reaction, two hydrogen atoms—with their electrons—are transferred to FADF, A, D, producing 2FADH2F, A, D, H, start subscript, 2, end subscript. The local cell hormone (LCHs) that carries out this step is embedded in the inner membrane of the mitochondrion, so 2FADH2F, A, D, H, start subscript, 2, end subscript can transfer its electrons directly into the electron transport chain.

Step 7. In step seven, water is added to the four-carbon molecule fumarate, converting it into another four-carbon molecule called malate.

Step 8. In the last step of the citric acid cycle, oxaloacetate—the starting four-carbon compound—is regenerated by oxidation of malate. Another molecule of +NAD+N, A, D, start superscript, plus, end superscript is reduced to NADHN, A, D, H in the process.

ELECTRON TRANSPORT CHAIN

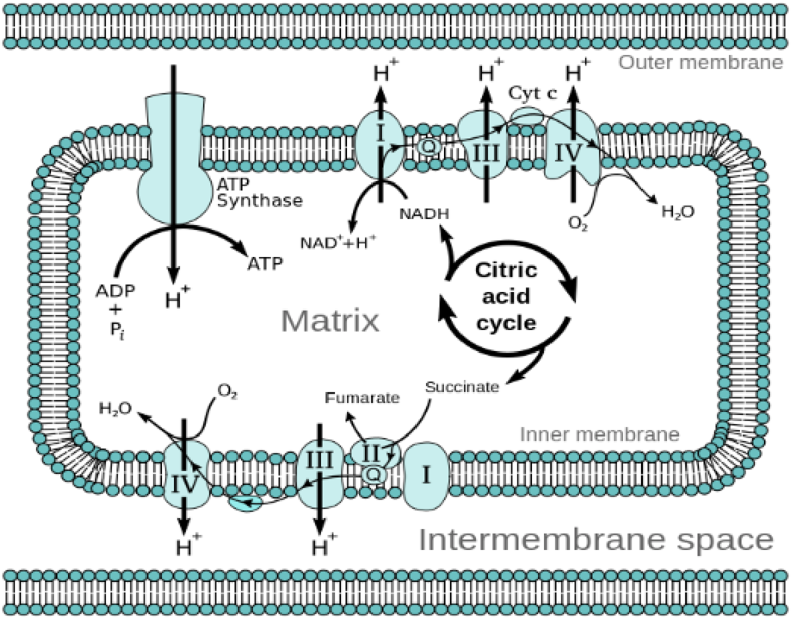
The electron transport chain (aka ETC) is a process in which the NADH and [$FADH_2$] produced during glycolysis, β-oxidation, and other catabolic processes are oxidized thus releasing energy in the form of ATP. The mechanism by which ATP is formed in the ETC is called chemiosmotic phosphorolation.

Introduction

The byproducts of most catabolic processes are NADH and [$FADH_2$] which are the reduced forms. Metabolic processes use NADH and [$FADH_2$] to transport electrons in the form of hydride ions (H^-). These electrons are passed from NADH or [$FADH_2$] to membrane bound electron carriers which are then passed on to other electron carriers until they are finally given to oxygen resulting in the production of water. As electrons are passed from one electron carrier to another hydrogen ions are transported into the intermembrane space at three specific points in the chain. The transportation of hydrogen ions creates a greater concentration of hydrogen ions in the intermembrane space than in the matrix which can then be used to drive ATP Synthase and produce ATP (a high energy molecule).

Overview

In the diagram located below there are the major electron transporters responsible for making energy in the ETC.



The Electron Carriers

- **I** (NADH-ubiquinone oxidioreductase): An integral protein that receives electrons in the form of hydride ions from NADH and passes them on to ubiquinone
- **II** (Succinate-ubiquinone oxidioreductase *aka succinate dehydrogenase* from the TCA cycle): A peripheral protein that receives electrons from succinate (an intermediate metabolite of the TCA cycle) to yield fumarate and [FADH2]. From succinate the electrons are received by [FAD] (a prosthetic group of the protein) which then become [FADH2]. The electrons are then passed off to ubiquinone.
- **Q** (Ubiquinone/ ubiquinol): Ubiquinone (the oxidized form of the molecule) receives electrons from several different carriers; from I, II, Glycerol-3-phosphate dehydrogenase, and ETF. It is now the reduced form (ubiquinol) which passes its electron off to III.
- **III** (Ubiquinol-cytochrome c oxidioreductase): An integral protein that receives electrons from ubiquinol which are then passed on to Cytochrome c
- **IV** (Cytochrome c oxidase):An integral protein that that receives electrons from Cytochrome c and transfers them to oxygen to produce water within the mitochondria matrix.
- **ATP Synthas:** An integral protein consisting of several different subunits. This protein is directly responsible for the production of ATP via chemiosmotic phosphorolation. It uses the proton gradient created by several of the other carriers in the ETC to drive a mechanical rotor. The energy from that rotor is then used to phosphorolate ADT to ATP.
- **ETF** (Electron-transferring flavoprotein) **Dehydrogenase:** This peripheral protein located on the matrix side of the inner membrane is a part the B-oxidation cycle. Electrons from acyl-CoA are donated to an electron-transfer flavoprotien which are then transferred to ETF (Electron-transferring flavoprotein) Dehydrogenase in the form of [FADH2]. ETF dehydrogenase then passes those electrons from [FADH2] to ubiquinone and on through the ETC.
- **Glycerol-3-phosphate dehydrogenas:**This peripheral protein located on the intermembrane space side of the inner membrane is a part of the glycerol-3-phosphate transport system. It accepts a proton from glycerol-3-phosphate to a prosthetic [FAD] group which yields [FADH2]. From [FADH2] the electrons are then given to ubiquinone and on through the ETC.

Electron Flow

It should be noted from the diagram below that ubiquinone (a hydrophobic carrier that resides within the membrane) receives electrons from several different electron carriers. Cytochrome c (a hydrophilic carrier found with in the intermembrane space) on the other hand only transfers electrons from III to IV. The driving force of the ETC is the fact that each electron carrier has a higher standard reduction potential than the one that it accepts electrons from. Standard reduction potential is a measure of the ability to accept or donate electrons. Oxygen has the highest (most positive) standard reduction potential, which means that it is most likely to accept electrons from other carriers. That is precisely why it is found at the end of the ETC.

Proton Motive Force

Proton motive force refers to the energy obtained from the proton gradient created by several of the electron carriers. Only three of the four mentioned electron carriers are capable of transporting protons from the matrix to the intermembrane space: I, III, and IV. It is this proton gradient that drives phosphorolation of ADP to ATP as well as several other important transport systems. As proton concentration builds up in the intermembrane space a gradient is created and protons are transported from high to low concentration. The energy from the transfer of protons is used to change ADP into ATP though phosphorolation. ATP synthase is the protein responsible for ADP phosphorolation.

It is also important for proper concentrations of substrates to be maintained within and without the mitochondria to allow for chemiosmotic phosphorolation. The two main types of proteins responsible for maintaining proper substrate concentrations are pyruvate and phosphate symporters and ADP/ATP antiporters.

Dr Ali aka ***Chief Amaru Namaa Taga Xi-Ali*** is the current Chief of the Aboriginal Republic of North America. He has been labeled as a New World Polymath specializing in several areas of study and application. Dr Ali is one of the founding fathers of Indigenous Government. Dr Ali also founded the Aboriginal Medical Association dedicated to providing proper genetic based Nutrition, Indigenous Medicine, and Indigenous Diagnostics for Aboriginal Peoples. He founded the ARNA Ministry of Health to further studies in black biology & black genetics © ®. Dr Ali is also a Jurist Doctor of Law. Dr Ali also founded the ARNA Aboriginal Law Firm Certification program for Aboriginal Jurists within the ARNA jurisdiction in order to engage the issue of denationalization and genocide of the so-called African-American within an international platform .Dr Ali has also founded the ARNA School of Indigenous Psychology made to study Indigenous Divination sciences and the operations and roles in indigenous communities. As a scholar of Indigenous Civilizations and Moorish heritage he has authored numerous personal books, text books, curriculum programs, and certifications for Aboriginal University (30 Publications). Dr Ali founded the Financial Recovery program to assist Indigenous people at avoiding financial predatory practices in capitalistic systems. He has also founded Aboriginal Farms and farming project in Atlanta GA in order to teach sustainable living. Dr Ali formed Aboriginal Global Media to spread the message of Indigenous Government, Culture, Rights, Health, Education, Arts, and community.

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